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COOKING

From Tokyo to Thailand Discover Asian Cooking
with Delicious Asian Recipes

Essential Asian

Cooking

From Tokyo to Thailand Discover Asian

Cooking with Delicious Asian Recipes

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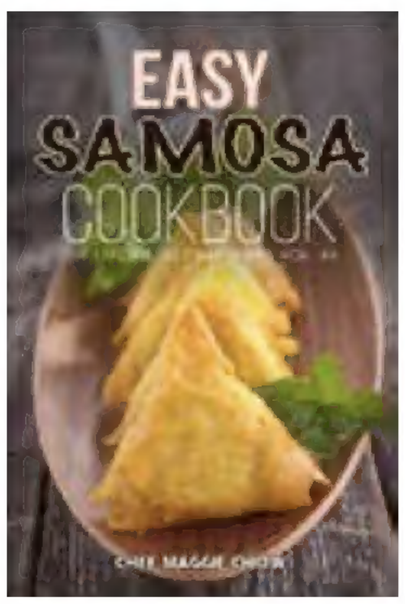
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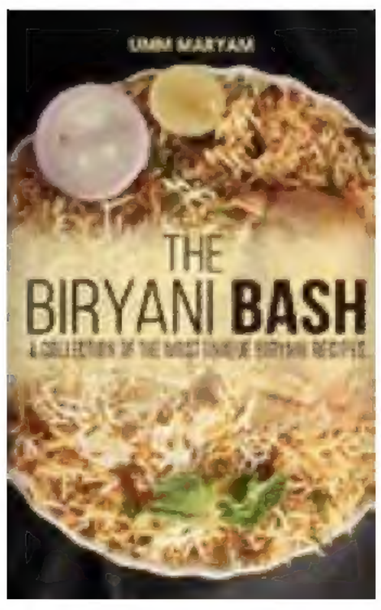
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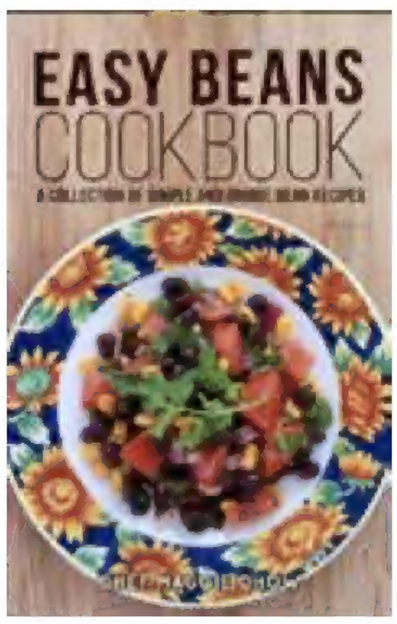
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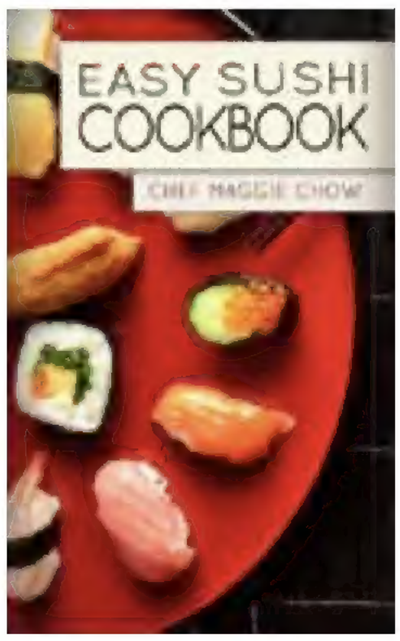

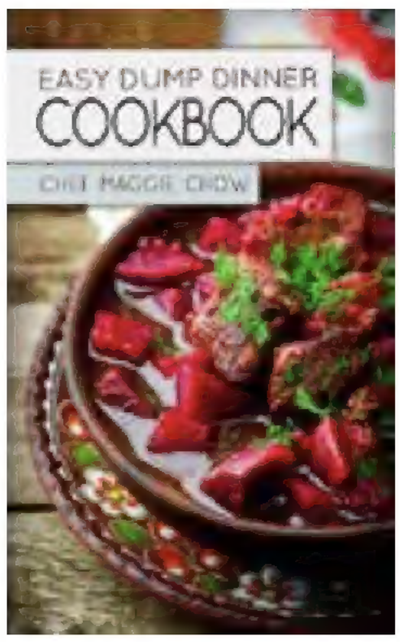

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Glazed

Japanese Chicken

Prep Time: 15 mins

Total Time: 1 hr

Wings

Servings per Recipe: 6

Calories

675 kcal

Fat

44.3 g

Carbohydrates 51.4g

Protein

18.9 g

Cholesterol

158 mg

Sodium

1112 mg

Ingredients

3 lb chicken wings

3 tbsp water

1 egg, lightly beaten

1 C. white sugar

1 C. all-purpose flour for coating

1/2 C. white vinegar

1 C. butter

1/2 tsp garlic powder, or to taste

Glaze

1 tsp salt

3 tbsp soy sauce

Directions

1. Before you do anything preheat the oven to 350 F.

2. Slice the wings into half and coat them with the beaten egg. Dust the wings in the flour.

3. Place a large frying pan over medium heat. Heat the oil in it. Add the chicken wings and cook them until they become deep golden brown.

4. Drain the chicken wings and place them in a roasting dish.

5. Get a mixing bowl: Mix in it the remaining ingredients. Pour the mix all over the wings and toss them to coat.

6. Cook the chicken wings in the oven for 38 min. Serve them warm.

7. Enjoy.

Glazed Japanese Chicken Wings

JAPANESE

Teriyaki Zoodles

Prep Time: 10 mins

Total Time: 20 mins

Stir Fry

Servings per Recipe: 4

Calories

110 kcal

Fat

8.2 g

Carbohydrates 8.1g

Protein

2.7 g

Cholesterol

0 mg

Sodium

581 mg

Ingredients

2 tbsp vegetable oil

1 tbsp toasted sesame seeds

1 medium onion, thinly sliced

ground black pepper

2 medium zucchinis, cut into thin strips

2 tbsp teriyaki sauce

1 tbsp soy sauce

Directions

1. Place a large pan over medium heat. Heat the oil in it. Add the onion and cook it for 6 min.

2. Stir in the zucchini and cook them for 2 min. Add the remaining ingredients and cook them for 6 min. Serve your stir fry right away.

3. Enjoy.

12

Japanese Teriyaki Zoodles Stir Fry

Japanese

Condensed Beef

Prep Time: 30 mins

Total Time: 45 mins

Steak Stir Fry

Servings per Recipe: 8

Calories

290 kcal

Fat

7.6 g

Carbohydrates 26.4g

Protein

26.4 g

Cholesterol

39 mg

Sodium

1271 mg

Ingredients

2 lb boneless beef sirloin or beef top

2 medium red peppers, cut into 2"-long strips round steaks (3/4" thick)

3 stalks celery, sliced

3 tbsp cornstarch

2 medium green onions, cut into 2" pieces 1 (10.5 oz) can Condensed Beef Broth

Hot cooked regular long-grain white rice

1/2 C. soy sauce

2 tbsp sugar

2 tbsp vegetable oil

4 C. sliced shiitake mushrooms

1 head Chinese cabbage (bok choy), thinly

sliced

Directions

1. Cut the beef steak into thin strips.

2. Get a mixing bowl: Whisk in it the cornstarch, broth, soy and sugar.

3. Place a wok or pan over medium heat. Heat in it 1 tbsp of oil. Add half of the beef and cook it for 6 min. Drain it and place it aside. Repeat the process with the rest of the beef.

4. Heat the remaining oil in the same pan. Cook in it the mushrooms, cabbage, peppers, celery and green onions for 6 to 8 min. Drain the veggies and place them aside.

5. Add the broth mix to the same pan and cook them until they start boiling while stirring all the time. Keep boiling it until the mix becomes thick to make the sauce.

6. Toss in back the cooked veggies and beef. Serve your stir fry warm with some white rice. Enjoy.

Japanese Condensed Beef Steak Stir Fry

13

JAPANESE

Mirin Chicken

Prep Time: 15 mins

Total Time: 40 mins

Soup

Servings per Recipe: 4

Calories

548 kcal

Fat

17.2 g

Carbohydrates 53.4g

Protein

42.2 g

Cholesterol

206 mg

Sodium

2491 mg

Ingredients

6 C. prepared dashi stock

1/3 lb shiitake mushrooms, sliced

1/4 lb chicken, cut into chunks

5 ribs and leaves of bok choy, chopped

2 carrots, diced

1 (9 oz) package fresh udon noodles

1/3 C. soy sauce

4 eggs

3 tbsp mirin

2 leeks, diced

1/2 tsp white sugar

1/3 tsp salt

2 (12 oz) packages firm tofu, cubed

Directions

1. Place a medium pot over medium heat. Stir in it the dashi stock, chicken, carrots, soy sauce, mirin, sugar, and salt. Simmer them for 8 min.

2. Stir in the tofu, mushrooms, and bok choy. Cook them for 6 min.

3. Add the noodles and cook the soup for 5 min. Stir in the leek with eggs. Simmer the soup for 6 min. Serve it hot.

4. Enjoy.

14

Japanese Mirin Chicken Soup

Japanese

Dashi Omelet

Prep Time: 15 mins

Total Time: 25 mins

Servings per Recipe: 6

Calories

63 kcal

Fat

3.8 g

Carbohydrates 2.6g

Protein

4.4 g

Cholesterol

124 mg

Sodium

87 mg

Ingredients

4 eggs

1/2 tsp soy sauce

1/4 C. prepared dashi stock

1/2 tsp vegetable oil, or more as needed

1 tbsp white sugar

1 tsp mirin

Directions

1. Get a large mixing bowl: Beat the eggs in it well. Add the dashi stock, sugar, mirin, and soy sauce. Mix them well.

2. Place a large skillet over medium heat. Heat the oil in it. Pour enough of the eggs mix to make a thin layer to cover the bottom of the pan.

3. Cook it until it becomes firm from the bottom. Roll the omelet and until you reach the side of the skillet and leave it there.

4. Grease the skillet again with oil and pour in it another thin layer of the eggs mix. Cook it until it becomes firm and roll it to the side on the first egg roll.

5. Repeat the process with the remaining egg mix until it is all used. Serve your omelet warm.

6. Enjoy.

Japanese Dashi Omelet

15

JAPANESE

Chicken Snow

Prep Time: 15 mins

Total Time: 40 mins

Soup

Servings per Recipe: 4

Calories

95 kcal

Fat

1.8 g

Carbohydrates 6.5g

Protein

13.5 g

Cholesterol

30 mg

Sodium

1005 mg

Ingredients

3 C. chicken stock

2 tbsp soy sauce

1 C. water

1 carrot, chopped

1 tbsp minced fresh ginger root

3 fresh mushrooms, sliced

1 clove garlic, minced

2 green onions, chopped

2 skinless, boneless chicken breast

halves - cubed

1/4 lb fresh snow peas, trimmed and

halved

Directions

1. Place a medium soup pot over medium heat. Add the chicken stock, water, ginger, garlic, and soy sauce. Cook them until they start simmering.

2. Add the chicken and cook the soup again until it starts simmering. Lower the heat and simmer the soup for 17 min.

3. Add the carrot with snow peas. Cook the soup for 7 min. Stir in the mushroom and cook the soup for 5 min.

4. Add the green onions. Serve your soup warm.

5. Enjoy.

16

Japanese Chicken Snow Soup

Japanese

Hot Devil's Eggs

Prep Time: 20 mins

Total Time: 50 mins

Servings per Recipe: 16

Calories

74 kcal

Fat

6.1 g

Carbohydrates 1.4g

Protein <

Cholesterol

3.3 g

Sodium

95 mg

Ingredients

8 eggs

coarse salt

1/3 C. mayonnaise

1/2 C. fresh pea shoots, or as needed

3 tbsp minced green onions

16 pickled ginger slices

2 tsp rice wine vinegar

1 1/2 tsp wasabi paste

Directions

1. Place a large saucepan over medium heat. Place in it the eggs and cover them water.

Cook them until they start boiling.

2. Turn off the heat and put on the lid. Allow the eggs to sit for 17 min. Drain the eggs and wash them with some cold water until they cool down.

3. Remove the shells of the eggs and slice each one in half. Transfer the egg yolk into a large mixing bowl. Mash them well with a fork or potato masher.

4. Add the mayonnaise, green onions, rice wine vinegar, and wasabi paste, a pinch of salt and pepper. Mix them well until they become creamy.

5. Place the egg white halves on a serving plate. Pour the egg yolk mix into a piping bag and fill the egg whites with it. Serve your deviled eggs with your favorite toppings.

6. Enjoy.

Japanese Hot Devil's Eggs

17

JAPANESE

Miso Soup

Prep Time: 10 mins

Total Time: 20 mins

Servings per Recipe: 2

Calories

100 kcal

Fat

3.9 g

Carbohydrates 4.8g

Protein

11 g

Cholesterol

3 mg

Sodium

1326 mg

Ingredients

3 C. prepared dashi stock

1/8 C. cubed soft tofu

1/4 C. sliced shiitake mushrooms

1 green onion, chopped

1 tbsp miso paste

1 tbsp soy sauce

Directions

1. Place a small saucepan over medium heat. Pour the stock into it and cook it until it starts boiling. Lower the heat.

2. Stir in the mushroom and simmer the soup for 4 min.

3. Get a small bowl: Add the miso paste and soy sauce. Mix them well. Pour the mix into the soup with tofu and stir them. Cook the soup for 6 min.

4. Serve your soup hot with some green onions.

5. Enjoy.

Potato with

Prep Time: 30 mins

Total Time: 1 hr

Homemade Curry

Servings per Recipe: 2

Calories

297 kcal

Fat

11.6 g

Carbohydrates 45.1g

Protein

8 g

Cholesterol

0 mg

Sodium

236 mg

Ingredients

2 C. cubed Japanese turnips

2 whole cloves

1 potato, peeled and cubed

1/2 tsp fennel seeds

1 tomato, diced

1/4 tsp cumin seeds

1 C. water

2 tbsp chopped cilantro

1/4 tsp ground turmeric

2 tbsp chopped fresh mint

Spice Paste:

1 tsp water, or as needed

1 tsp canola oil

1 tsp canola oil

2 dried red chiles

1/2 tsp fennel seeds

2 small Thai green chiles

1 (1 inch) piece cinnamon stick

1 (1/2 inch) piece cinnamon stick

2 cloves garlic, minced

4 pearl onions

1 (1 inch) piece fresh ginger root, minced

2 tbsp unsweetened dried coconut

4 fresh curry leaves

1 tbsp coriander seeds

1/4 C. peas

5 cashews

1 pinch salt, or to taste

2 green cardamom pods

Directions

1. Place a small saucepan over medium heat. Stir in it the turnips, potato, and diced tomato, 1

C. water and turmeric. Cook them until they start boiling.

2. Lower the heat and cook the soup for 17 min.

3. Place a large pan over medium heat. Heat 1 tsp of oil in it.

4. Add the red chiles and green chiles, 1/2-inch cinnamon stick, pearl onions, coconut, coriander, cashews, cardamom pods, cloves, 1/2 tsp fennel seeds, and cumin seeds.

5. Cook them for 4 min while stirring all the time. Turn off the heat and transfer the mix to a spice grinder.

6. Stir in the cilantro, mint, and 1 tsp water. Grind them while adding more water if needed until the mix becomes smooth and like a paste.

Japanese Potato with Homemade Curry

7. Place a clean pan over medium heat. Heat in it 1 tsp of canola oil. Cook in it 1/2 tsp fennel seeds and 1-inch cinnamon stick for 40 sec.

8. Stir in the minced garlic, ginger, and curry leaves. Cook them for 3 min. Stir in the cooked veggies with the spices paste then cook them until they start boiling.

9. Stir in more water if the stew is too thick to your liking. Add the green peas with a pinch of salt and pepper.

10. Lower the heat and cook the stew for 12 min. Serve it warm.

11. Enjoy.

22

Japanese

Hot Shiso

Prep Time: 20 mins

Total Time: 20 mins

Guacamole

Servings per Recipe: 12

Calories

90 kcal

Fat

7 g

Carbohydrates 7.5g

Protein

1.4 g

Cholesterol

0 mg

Sodium

15 mg

Ingredients

2 large avocados - halved, peeled, and

1 tsp wasabi paste

pitted

1/2 tsp ground white pepper

1 lime, juiced

2 drops hot pepper sauce

1 onion, minced

1 tomato, chopped

2 jalapeno peppers, or to taste, seeded and salt and black pepper to taste minced

10 shiso leaves, chopped

1 tbsp minced fresh ginger root

Directions

1. Get a large mixing bowl: Mix in it the avocados, lime juice, onion, jalapeno pepper, shiso leaf, ginger, wasabi paste, white pepper, and hot sauce until it becomes slightly mashed.

2. Stir in the tomato with a pinch of salt and pepper. Serve your guacamole.

3. Enjoy.

Japanese Hot Shiso Guacamole

23

WASABI

Japanese Tortillas

Prep Time: 30 mins

Total Time: 1 hr 56 mins

Servings per Recipe: 6

Calories

643 kcal

Fat

33.5 g

Carbohydrates 44.9g

Protein

38.2 g

Cholesterol

94 mg

Sodium

1737 mg

Ingredients

1/4 C. soy sauce

6 oz shredded pepperjack cheese, divided

2 tbsp white sugar

6 oz grated Parmesan cheese, divided

1 tsp grated fresh ginger

1 habanero pepper, seeded and finely

1 clove garlic, minced

chopped (optional)

1 lb skinless, boneless chicken breast,

1 tbsp wasabi paste, divided (optional)

cut into strips

6 (10 inch) flour tortillas

1/4 C. extra-virgin olive oil, divided

Directions

1. Get a large mixing bowl: Mix in it the soy sauce, sugar, ginger, and garlic. Add the chicken strips and stir them.

2. Place a piece of plastic wrap on the bowl. Place it in the fridge for 1 h 20 min. Before you do anything preheat the oven to 425 F.

3. Drain the chicken strips from the marinade. Lay them in a glass oven dish. Cook them in the oven for 22 min.

4. Spread the olive oil on both sides of a tortilla. Place it on a lined up baking sheet and spread 1/3 of the pepperjack cheese on it followed by 1/3 of chicken strips. Place 1/3

of the parmesan cheese followed by 1/3 of the habanero and 1 tsp wasabi paste. Cover another tortilla with some olive oil on both sides and place it on top to make a quesadilla.

5. Repeat the process to make another 2 quesadillas.

6. Place a griddle over medium heat and grease it with some oil. Place in it a quesadilla and cook it for 4 min on each side.

7. Repeat the process with the remaining 2 quesadillas then serve them warm. Enjoy.

24

Wasabi Japanese Tortillas

Japanese

Sesame Wings

Prep Time: 15 mins

Total Time: 1 hr 25 mins

Servings per Recipe: 4

Calories

224 kcal

Fat

18.3 g

Carbohydrates 7g

Protein

6.6 g

Cholesterol

20 mg

Sodium

349 mg

Ingredients

14 oz chicken wings

1/2 tsp dashi (Japanese seasoning)

1 tbsp sake

2 C. vegetable oil for frying

1 tbsp chopped garlic

3 tbsp cornstarch

1 1/2 tsp sesame oil

salt and ground black pepper to taste

1 tsp chopped fresh ginger root

1/2 tsp salt

Directions

1. Get a large mixing bowl: Toss in it the chicken wings, sake, garlic, sesame oil, ginger, dashi, and 1/2 tsp salt. Cover the bowl and place it in the fridge for 1 h 30 min.

2. Place a saucepan over medium heat. Heat the oil in it until it reaches 350 F.

3. Drain the chicken wings from the marinade and dust them with the cornstarch. Deep fry the chicken wings until they become golden brown for 17 min.

4. Drain them then season them with some salt and pepper. Serve your chicken wings with your favorite dip.

5. Enjoy.

Japanese Sesame Wings

25

JAPANESE

Jasmine Nori Bites

Prep Time: 20 mins

Total Time: 55 mins

Servings per Recipe: 6

Calories

114 kcal

Fat

0 g

Carbohydrates 25.6g

Protein

2.2 g

Cholesterol

0 mg

Sodium

28 mg

Ingredients

2 C. water

1 sheet nori (dry seaweed), cut into

1 C. jasmine rice

1-inch strips, or as desired (optional)

salt

Directions

1. Prepare the rice according to the directions on the package. Drain it, fluff it and place it aside to lose heat for 12 min.

2. Get a small bowl: fill it with water and place it aside. Fill another small bowl with 2 tbsp of salt.

3. Wet your hands with the water and rub some salt all over it. Take some rice into your hands and shape them into a triangle. Wrap a strip of nori

around the triangle.

4. Serve them with your favorite dip.

5. Enjoy.

26

Japanese Jasmine Nori Bites

Tipsy

Japanese Crumbled Prep Time: 10 mins

Total Time: 16 mins

Beef

Servings per Recipe: 4

Calories

232 kcal

Fat

13.2 g

Carbohydrates 7.4g

Protein

14.9 g

Cholesterol

52 mg

Sodium

726 mg

Ingredients

3/4 lb ground beef

2 tbsp mirin

2 tbsp freshly grated ginger

1 tbsp white sugar, or more to taste

3 tbsp soy sauce

3 tbsp sake

Directions

1. Place a large skillet over medium heat and heat it. Add the beef and cook it for 8 min.

2. Stir in the remaining ingredients. Cook them until they start boiling. Keep boiling them for 2 min. Serve your crumbled beef warm with some rice.

3. Enjoy.

Tipsy Japanese Crumbled Beef

27

SAVORY

and Sweet

Prep Time: 10 mins

Total Time: 15 mins

Omelet

Servings per Recipe: 1

Calories

82 kcal

Fat

5 g

Carbohydrates 2.9g

Protein

6.6 g

Cholesterol

186 mg

Sodium

369 mg

Ingredients

1 tbsp water

1 egg

1 tsp soy sauce, or to taste

1/2 tsp white sugar

Directions

1. Get a mixing bowl: Whisk in it the water, soy sauce, and sugar well. Stir in the egg and mix them again.

2. Place a large skillet over medium heat. Grease it with a cooking spray. Pour into it the egg mix and spread it in the pan.

3. Cook it for 4 min until it becomes golden brown from the sides. Serve it warm.

4. Enjoy.

Savory and Sweet Omelet

Japanese

Tofu and Beef

Prep Time: 25 mins

Total Time: 45 mins

Burgers

Servings per Recipe: 6

Calories

307 kcal

Fat

18.1 g

Carbohydrates 8.9g

Protein

25.5 g

Cholesterol

77 mg

Sodium

999 mg

Ingredients

1 (14 oz) package firm tofu

1/4 tsp ground nutmeg

1 lb ground beef

1/4 C. mirin (Japanese sweet wine)

1/2 C. sliced shiitake mushrooms

2 tbsp soy sauce

2 tbsp miso paste

1 tsp garlic paste

1 egg, lightly beaten

1/4 tsp minced fresh ginger root

1 tsp salt

1 tbsp vegetable oil

1 tsp ground black pepper

Directions

1. Press the tofu and drain it. Cut it into 1/2 inch dices.

2. Get a large mixing bowl: Mix in it the tofu, ground beef, shiitake mushrooms, miso paste, egg, salt, pepper, and nutmeg. Shape the mix into 6 patties. Get a small bowl: Mix in it the mirin, soy sauce, garlic paste, and ginger. Place a large pan over medium heat. Heat the oil in it. Cook in it the patties for 3 min on each side.

3. Lower the heat and put on the lid. Cook the patties for 5 min. Drain them and place them aside. Discard the grease from the pan. Add the mirin mix with the burger patties. Cook them on both sides until they become coated with the sauce. Serve your burgers with your favorite toppings.

4. Enjoy.

Japanese Tofu and Beef Burgers

JAPANESE

Grilled Portobello

Prep Time: 5 mins

Total Time: 15 mins

Caps

Servings per Recipe: 2

Calories

196 kcal

Fat

14.1 g

Carbohydrates 14.2g

Protein

7.3 g

Cholesterol

0 mg

Sodium

1367 mg

Ingredients

4 Portobello mushroom caps

1 tbsp minced fresh ginger root

3 tbsp soy sauce

1 small clove garlic, minced

2 tbsp sesame oil

Directions

1. Before you do anything preheat the oven broiler. Place the rack 6 inches away from the heat.

2. Clean the mushroom caps and place them on a baking pan with their top down.

3. Get a small bowl: Mix in it the soy sauce, sesame oil, ginger, and garlic. Spread the mix over the mushroom caps.

4. Place it in the oven and cook it for 12 min. Serve it warm.

5. Enjoy.

32

Japanese Grilled Portobello Caps

Japanese

Sweet and Chili

Prep Time: 15 mins

Total Time: 45 mins

Cucumber Salad

Servings per Recipe: 4

Calories

55 kcal

Fat

1.6 g

Carbohydrates 10.5g

Protein

0.8 g

Cholesterol

0 mg

Sodium

111 mg

Ingredients

2 tbsp white sugar

salt to taste

2 tbsp rice vinegar

2 large cucumbers - peeled, seeded, and cut

1 tsp Asian (toasted) sesame oil

into 1/4-inch slices

1 tsp chili paste

Directions

1. Get a large mixing bowl: Whisk in it the sugar, rice vinegar, sesame oil, chile paste, and salt.

2. Add the cucumber and toss them to coat. Place the salad aside to sit for 35 min. Serve it.

3. Enjoy.

Japanese Sweet and Chili Cucumber Salad

33

CRUSTED

Japanese

Prep Time: 10 mins

Total Time: 20 mins

Chicken Breasts

Servings per Recipe: 4

Calories

297 kcal

Fat

11.4 g

Carbohydrates 22.2g

Protein

31.2 g

Cholesterol

118 mg

Sodium

251 mg

Ingredients

4 skinless, boneless chicken breast

1 egg, beaten

halves – pound it to 1/2 inch thickness

1 C. panko bread crumbs

salt and pepper to taste

1 C. oil for frying, or as needed

2 tbsp all-purpose flour

Directions

1. Sprinkle some salt and pepper over the chicken breasts.

2. Place the egg, flour and breadcrumbs in separate shallow bowls. Dip the chicken breasts in the egg, dust them with flour and coat them with the breadcrumbs.

3. Place a large frying pan over medium heat. Heat the oil in it until it starts shimmering.

Deep dry in it the chicken for 5 min on each side. Serve them warm.

4. Enjoy.

34

Crusted Japanese Chicken Breasts

Japanese

Sesame Fried

Prep Time: 20 mins

Total Time: 1 hr 10 mins

Chicken Bites

Servings per Recipe: 8

Calories

256 kcal

Fat

16.7 g

Carbohydrates 4.8g

Protein

20.9 g

Cholesterol

98 mg

Sodium

327 mg

Ingredients

2 eggs, lightly beaten

1/8 tsp chicken bouillon granules

1/2 tsp salt

1 1/2 lb skinless, boneless chicken breast

1/2 tsp black pepper

halves - cut into 1 inch cubes

1/2 tsp white sugar

3 tbsp potato starch

1 tbsp minced garlic

1 tbsp rice flour

1 tbsp grated fresh ginger root

oil for frying

1 tbsp sesame oil

1 tbsp soy sauce

Directions

1. Get a large mixing bowl: Beat in it the eggs, salt, pepper, sugar, garlic, ginger, sesame oil, soy sauce, and bouillon.

2. Dip in it the chicken dices. Cover bowl with a plastic wrap and place it in the fridge for 35

min.

3. Get a large shallow bowl: Mix in it the potato starch and rice flour. Toss in it the chicken cubes.

4. Place a large frying pan over medium heat. Heat the oil in it until it reaches 365 F. Cook in it the chicken cubes until they become golden brown.

5. Drain your chicken cubes then serve them warm with your favorite dip.

6. Enjoy.

Japanese Sesame Fried Chicken Bites

35

JAPANESE

Barbecue Bacon

Prep Time: 15 mins

Total Time: 45 mins

Pancakes

Servings per Recipe: 4

Calories

659 kcal

Fat

19.4 g

Carbohydrates 90.7g

Protein

29.3 g

Cholesterol

217 mg

Sodium

1531 mg

Ingredients

12 oz sliced turkey bacon

1 medium head cabbage, cored and sliced

1 1/3 C. water

2 tbsp minced pickled ginger

4 eggs

1/4 C. tonkatsu sauce or barbeque sauce

3 C. all-purpose flour

1 tsp salt

Directions

1. Place a large pan over medium heat. Cook in it the bacon slices until they become crisp.

Drain it and place it aside.

2. Get a large mixing bowl: Whisk in it the eggs with water. Add the salt with flour. Mix them well. Stir in the ginger with cabbage.

3. Place a large skillet over medium heat then grease it with a cooking spray. Ladle about 1/4 of the batter into the hot skillet. Place 4 crisp bacon slices in the middle of the pancake.

4. Cook the pancake for 6 min. Flip it and cook it on the other side until it is done. Repeat the process with the rest of the batter.

5. Serve your pancakes with the tonkatsu sauce.

6. Enjoy.

36

Japanese Barbecue Bacon Pancakes

Japanese

Sweet Chicken Stir

Prep Time: 20 mins

Total Time: 1 d 40 mins

Fry

Servings per Recipe: 4

Calories

587 kcal

Fat

32.5 g

Carbohydrates 18g

Protein

48.7 g

Cholesterol

146 mg

Sodium

2545 mg

Ingredients

1 (3 lb) whole chicken, cut into pieces

1 tbsp sake

1 tbsp grated fresh ginger root

1/4 C. mirin

1 clove garlic, crushed

2 tbsp cooking oil

3 tbsp white sugar

2/3 C. soy sauce

Directions

1. Clean the chicken and dry it.

2. Get a glass oven pan: Mix in it the ginger, garlic, sugar, soy sauce, sake and mirin. Add to it the chicken pieces and stir them to coat.

3. Cover the dish with a plastic wrap and place it in the fridge for 2 h to 8 h.

4. Place a large skillet over medium heat. Heat the oil in it. Drain the chicken pieces from the marinade and fry them until they become golden brown.

5. Drain the chicken pieces and place them aside. Remove the grease from the pan Pour the marinade from the chicken into the skillet with the browned chicken pieces.

6. Lower the heat and put on the lid. Cook the marinade for 9 min to make the sauce.

Remove the lid and keep cooking them until the chicken is done and the sauce is thick.

7. Serve your saucy chicken warm.

8. Enjoy.

Japanese Sweet Chicken Stir Fry

37

JAPANESE

Sesame Egg Sushi

Prep Time: 30 mins

Total Time: 55 mins

Servings per Recipe: 6

Calories

218 kcal

Fat

6.7 g

Carbohydrates 33.2g

Protein

6.7 g

Cholesterol

93 mg

Sodium

535 mg

Ingredients

1 C. sushi rice, or Japanese short-grain

2 tbsp white sugar

white rice

1 tsp salt

3 eggs, beaten

2 tbsp black sesame seeds

1/4 tsp salt

6 sprigs Italian parsley with long stems

1 tbsp vegetable oil

3 tbsp rice vinegar

Directions

1. Cook the rice according to the directions on the package. Drain and place it aside to lose heat completely.

2. Get a mixing bowl: Mix in it the eggs with 1/4 tsp of salt.

3. Place a large skillet over medium heat. Grease it with oil and heat it. Spread in it 1/6 of the beaten eggs then cook them for until it is done.

4. Flip the egg omelet and cook it for 10 sec. Place it aside. Repeat the process with the rest of the mix to make 6 thin omelet.

5. Get a small bowl: Mix in it the vinegar, sugar, and 1 tsp salt. Place it in the microwave and heat for 10 to 15 sec.

6. Stir in the sesame seeds with vinegar.

7. Place an egg omelet on working surface and place in the center of the edge a spoonful of rice. Roll it to make a square then use the Italian

parsley to tie it.

8. Serve it with your favorite dip.

9. Enjoy.

Japanese Sesame Egg Sushi

Nori

Noodles Soup

Prep Time: 10 mins

Total Time: 50 mins

Servings per Recipe: 4

Calories

257 kcal

Fat

3.1 g

Carbohydrates 48.2g

Protein

11.6 g

Cholesterol

1 mg

Sodium

1445 mg

Ingredients

1 (8 oz) package dried soba noodles

2 tbsp sesame seeds

1 C. prepared dashi stock

1/2 C. chopped green onions

1/4 C. soy sauce

1 sheet nori (dried seaweed), cut into thin

2 tbsp mirin

strips (optional)

1/4 tsp white sugar

Directions

1. Cook the noodles according to the directions on the package. Drain it and cool it down with some water.

2. Place a small saucepan over medium heat. Stir in it the dashi, soy sauce, mirin, and white sugar. Cook it until it starts boiling.

3. Turn off the heat and allow the mix to lose heat for 27 min. Divide the sesame seeds with noodles on serving bowls and pour the stock soup over it.

4. Garnish your soup bowls with the nori and green onions.

5. Enjoy.

VANILLA

Crusted Shrimp

Prep Time: 5 mins

Total Time: 2 hrs 15 mins

Servings per Recipe: 6

Calories

920 kcal

Fat

81.4 g

Carbohydrates 35.8g

Protein

14.1 g

Cholesterol

117 mg

Sodium

225 mg

Ingredients

32 vanilla wafers, crushed

3 tbsp red wine vinegar

1 egg, beaten

1 tbsp ketchup

3/4 C. water

2 C. vegetable oil

1/3 C. apricot nectar

3/4 lb medium shrimp - peeled and

2 tsp cornstarch

deveined

1/4 C. packed brown sugar

Directions

1. Get a small bowl: Mix in it the vanilla wafers, egg, and water. Place the mix in the fridge for 1 h 30 min.

2. Get a small saucepan: Mix in it the nectar with cornstarch. Add the brown sugar, vinegar and ketchup.

3. Place the mix over medium heat and cook them while stirring all the time until it becomes thick to make the sauce. Place it aside.

4. Heat the oil in a large pot or deep fryer until it reaches 375 F. Coat the shrimp with the egg mix then cook it in the hot oil until it becomes golden brown.

5. Drain the shrimp and serve it with the ketchup sauce.

6. Enjoy.

42

Vanilla Crusted Shrimp

Japanese

Tuna Pyramids Bites

Prep Time: 30 mins

Total Time: 1 hr 15 mins

Servings per Recipe: 3

Calories

355 kcal

Fat

8 g

Carbohydrates 53.3g

Protein

15.2 g

Cholesterol

16 mg

Sodium

129 mg

Ingredients

1 C. short-grain sushi rice

ground black pepper (optional)

1 1/4 C. water

1 sheet nori, cut into 1-inch strips, or desired 1 pinch salt (optional)

width

1 (5 oz) can tuna, drained

2 tbsp mayonnaise, or to taste

Directions

1. Clean the rice well with some water.

2. Place a medium saucepan over medium heat. Pour into it 1 1/4 C. of water. Add the rice with a pinch of salt. Cook it until it starts boiling.

3. Lower the heat and put on the lid. Cook the rice for 22 min. Place the rice aside with the cover on for 12 min. Transfer the rice to a mixing bowl and place it aside to lose heat completely for 17 min.

4. Get a mixing bowl: Mix in it the tuna, mayonnaise, a pinch of salt and pepper. Lay 10

inches piece of a plastic wrap on a working surface. Place in the middle of it 1/2 of rice.

Create a small well in it and place in it 1 tsp of the tuna mix.

5. Cover it with another 1/2 C. of rice. Fold the plastic wrap over the rice mix to cover it.

Shape the mix into a small pyramid then remove the plastic wrap. Wrap a nori strip around the rice pyramid gently. Repeat the process with the remaining mix then serve them with your favorite dip.

6. Enjoy.

Japanese Tuna Pyramids Bites

43

JAPANESE

Grilled Tuna Salad

Prep Time: 30 mins

Total Time: 1 hr 35 mins

Servings per Recipe: 2

Calories

252 kcal

Fat

19.3 g

Carbohydrates 9.3g

Protein

12.4 g

Cholesterol

19 mg

Sodium

207 mg

Ingredients

2 tbsp olive oil

1 1/2 tsp roasted peanuts

1 1/2 tsp lime juice

4 slices cucumber, quartered

1 1/2 tsp chopped fresh cilantro

2 tbsp crisp chow mein noodles

1/2 tsp garlic, minced

1 (3 oz) fresh ahi (yellowfin) tuna steak

1 tsp chopped fresh mint

1 pinch salt and ground black pepper to

1/2 tsp lemon juice

taste

1/8 tsp salt

1/4 avocado, sliced

1 1/2 C. mixed baby salad greens

1/2 C. torn romaine lettuce

2 tbsp diced mango

Directions

1. Get a small bowl: Mix in it the olive oil, lime juice, cilantro, garlic, mint, lemon juice, and salt to make the salad dressing. Place it in the fridge for 1 h 30 min to 8 h.

2. Before you do anything preheat the grill and grease it.

3. Get a large serving bowl: Stir in it the salad greens, romaine lettuce, mango, peanuts, cucumber, and chow mein noodles.

4. Season the tuna steaks with some salt and pepper. Cook it on the grill for 2 to 4 min on each side.

5. Slice the tuna and place it over the salad. Drizzle the dressing on top then serve your salad.

6. Enjoy.

44

Japanese Grilled Tuna Salad

Noodles

Curry Soup

Prep Time: 15 mins

Total Time: 40 mins

Servings per Recipe: 4

Calories

442 kcal

Fat

15.8 g

Carbohydrates 65.2g

Protein

9.2 g

Cholesterol

0 mg

Sodium

1854 mg

Ingredients

3 carrots, cut into bite-size pieces

5 C. hot vegetable stock

1 small onion, cut into bite-size pieces

1/4 C. soy sauce

3 tbsp water

2 tsp maple syrup

1/4 C. vegetable oil

8 oz udon noodles, or more to taste

1/2 C. all-purpose flour

2 tbsp all-purpose flour

2 tbsp red curry powder

Directions

1. Get a microwave proof bowl: Stir in it the water with carrot and onion. put on the lid and cook them on high for 4 min 30 sec.

2. Place a soup pot over medium heat. Heat the oil in it. Add to it 1/2 C. plus 2 tbsp flour and mix them to make a paste.

3. Add the curry with hot stock and cook them for 4 min while mixing all the time. Add the cooked onion and carrot with soy sauce, and maple syrup.

4. Cook the noodles according to the directions on the package until it becomes soft.

5. Cook the soup until it starts boiling. Stir in the noodles and serve your soup hot.

6. Enjoy.

Noodles Curry Soup

45

JALAPENOS

Frittata

Prep Time: 5 mins

Total Time: 20 mins

Servings per Recipe: 4

Calories

339 kcal

Fat

15.7 g

Carbohydrates 28.8g

Protein

20.3 g

Cholesterol

302 mg

Sodium

681 mg

Ingredients

2 (3 oz) packages chicken flavored

1/2 C. shredded Cheddar cheese

ramen noodles

6 eggs

2 tsp butter

Directions

1. Place a small saucepan over medium heat. Fill it with water and bring it to a boil. Cook in it the noodles until it becomes soft.

2. Get a mixing bowl: Mix in it the seasoning packet with eggs. Add the noodles and toss them.

3. Place a large pan over medium heat. Heat the butter in it until it melts. Cook in it the noodles for 6 min.

4. Cut the noodles frittata into 4 pieces and flip them. Sprinkle the cheese on top and cook them for 2 min. Serve your frittata warm.

5. Enjoy.

Jalapenos Frittata

Classical

Pad Thai Noodles I

Prep Time: 30 mins

Total Time: 2 hrs

Servings per Recipe: 4

Calories

397 kcal

Carbohydrates

39.5 g

Cholesterol

41 mg

Fat

23.3 g

Protein

13.2 g

Sodium

1234 mg

Ingredients

Directions

2/3 C. dried rice vermicelli

1. Put rice vermicelli noodles in hot water for 1/4 C. peanut oil

about 30 minutes before draining the water.

2/3 C. thinly sliced firm tofu

2. Cook tofu in hot oil until golden brown

1 large egg, beaten

before draining it with paper tower.

4 cloves garlic, finely chopped

3. Reserve 1 tbsp of oil for later use and cook 1/4 C. vegetable broth

egg in the remaining hot oil until done, and

2 tbsps fresh lime juice

set them aside for later use.

2 tbsps soy sauce

4. Now cook noodles and garlic in the hot

1 tbsp white sugar

reserved oil, while coating them well with

1 tsp salt

this oil along the way.

1/2 tsp dried red chili flakes

5. In this pan containing noodles; add tofu, 3 tbsps chopped peanuts

salt, chili flakes, egg and 3 tbsps peanuts,

1 pound bean sprouts, divided

and mix all this very thoroughly. Also add

3 green onions, whites cut thinly across

bean sprouts and green onion into it, while

and greens sliced into thin lengths -

reserving some for the garnishing purposes.

divided

6. Cook all this for two minutes before

3 tbsps chopped peanuts

transferring to a serving platter.

2 limes, cut into wedges for garnish

7. Garnish this with peanuts and the reserved vegetables before placing some lime wedges

around the platter to make this dish more

attractive.

8. Serve.

Classical Pad Thai Noodles I

47

A PESTO

From Thailand

Prep Time: 10 mins

Total Time: 10 mins

Servings per Recipe: 12

Calories

84 kcal

Carbohydrates

3.4 g

Cholesterol

0 mg

Fat

7.4 g

Protein

1.9 g

Sodium

197 mg

Ingredients

1 bunch cilantro

1 1/2 tbsps fish sauce

1/4 C. peanut butter

1 tbsp brown sugar

3 cloves garlic, minced

1/2 tsp cayenne pepper

3 tbsps extra-virgin olive oil

2 tbsps minced fresh ginger

Directions

1. Put all the ingredients that are mentioned above in a blender and blend it until you see that the required smoothness is achieved.

Easy

Hummus Thai Style

Prep Time: 15 mins

Total Time: 30 mins

Servings per Recipe: 12

Calories

142 kcal

Carbohydrates

13.8 g

Cholesterol

0 mg

Fat

9.4 g

Protein

3.9 g

Sodium

315 mg

Ingredients

1/4 C. coconut oil

1 tbsp grated fresh ginger

2 large cloves garlic, very thinly sliced

2 tsps green curry paste

2 C. cooked garbanzo beans

1 jalapeno pepper, minced

1/4 C. fresh lime juice

1/2 tsp salt

1/4 C. peanut butter

1 pinch cayenne pepper(optional)

1/4 C. coconut milk

1 pinch chili powder (optional)

1/4 C. sweet chili sauce

1/4 C. minced lemon grass

1/4 C. minced fresh Thai basil leaves

Directions

1. Cook garlic in hot coconut oil for about one minute and transfer it to a bowl.

2. Put cooled garlic mixture, lime juice, coconut milk, chili sauce, lemon grass, basil, ginger, curry paste, garbanzo beans, jalapeno pepper, salt, peanut butter, cayenne pepper and chili in a blender and blend it until you find that it is smooth.

3. Serve.

CLASSICAL

Pad Thai Noodles

Prep Time: 15 mins

Total Time: 25 mins

II

Servings per Recipe: 4

Calories

352 kcal

Carbohydrates

46.8 g

Cholesterol

46 mg

Fat

15 g

Protein

9.2 g

Sodium

335 mg

Ingredients

1 (6.75 ounce) package thin rice noodles

1 pinch white sugar

2 tbsps vegetable oil

2 tbsps chopped peanuts

3 ounces fried tofu, sliced into thin

1 C. fresh bean sprouts

strips

1 tbsp chopped fresh cilantro

1 clove garlic, minced

1 lime, cut into wedges

1 egg

1 tbsp soy sauce

Directions

1. In a heatproof bowl containing noodles, pour boiling water and let it stand as it is for about five minutes before draining the water and setting it aside for later use.

2. Fry garlic in hot oil until brown before adding noodles frying it for about one minute.

3. Now add egg into it and break it up when it starts to get solid, and mix it well into the noodles.

4. Now add soy sauce, tofu, cilantro, bean sprouts, sugar and peanuts into it and mix it well.

5. Remove from heat and add lime wedges just before you serve.

52

Classical Pad Thai Noodles II

Super Easy

Coconut Soup Thai-

Prep Time: 15 mins

Total Time: 40 mins

Style

Servings per Recipe: 8

Calories

314 kcal

Carbohydrates

17.2 g

Cholesterol

86 mg

Fat

21.6 g

Protein

15.3 g

Sodium

523 mg

Ingredients

1 pound medium shrimp - peeled and

3 tbsps fish sauce

deveined

1/4 C. brown sugar

2 (13.5 ounce) cans canned coconut milk

1 tsp curry powder

2 C. water

1 tbsp green onion, thinly sliced

1 (1 inch) piece galangal, thinly sliced

1 tsp dried red pepper flakes

4 stalks lemon grass, bruised and chopped

10 kaffir lime leaves, torn in half

1 pound shiitake mushrooms, sliced

1/4 C. lime juice

Directions

1. Cook shrimp in boiling water until tender.

2. Put coconut milk, water, lime leaves, galangal and lemon grass in a large sized pan and heat it up for about 10 minutes before transferring the coconut milk into a new pan, while discarding all the spices.

3. Heat up shiitake mushrooms in the coconut milk for five minutes before adding lime juice, curry powder, brown sugar and fish sauce into it.

4. When you want to serve it, heat up the shrimp in this soup for some time before pouring this into serving bowls.

Super Easy Coconut Soup Thai-Style

53

CURRY

Thai Inspired

Prep Time: 15 mins

Total Time: 50 mins

Chicken with

Servings per Recipe: 6

Pineapple

Calories

623 kcal

Carbohydrates

77.5 g

Cholesterol

20 mg

Fat

34.5 g

Protein

20.3 g

Sodium

781 mg

Ingredients

2 C. uncooked jasmine rice

1/4 C. white sugar

1 quart water

1 1/2 C. sliced bamboo shoots, drained

1/4 C. red curry paste

1/2 red bell pepper, julienned

2 (13.5 ounce) cans coconut milk

1/2 green bell pepper, julienned

2 skinless, boneless chicken breast

1/2 small onion, chopped

halves - cut into thin strips

1 C. pineapple chunks, drained

3 tbsps fish sauce

Directions

1. Bring the mixture of rice and water to boil before turning the heat down to low and cooking for 25 minutes.

2. Add coconut milk, bamboo shoots, chicken, sugar and fish sauce to the mixture of curry paste and 1 can coconut milk in a pan before bringing all this to boil and cooking for 15

minutes.

3. Into this mixture, add red bell pepper, onion and green bell pepper, and cook all this for ten more minutes or until you see that the peppers are tender.

4. Add pineapple after removing from heat and serve this on top of cooked rice.

54

Curry Thai Inspired Chicken with Pineapple

Simple

and Easy Classical

Prep Time: 10 mins

Total Time: 10 mins

Peanut Sauce

Servings per Recipe: 6

Calories

130 kcal

Carbohydrates

9.8 g

Cholesterol

3 mg

Fat

9.5 g

Protein

2.7 g

Sodium

529 mg

Ingredients

1/4 C. creamy peanut butter

1/4 C. soy sauce

3 cloves garlic, minced

2 tbsps fresh lemon juice

1/4 C. brown sugar

1/4 C. mayonnaise

Directions

1. Whisk all the ingredients that are mentioned above in a medium sized bowl and refrigerate it for at least two hours before you serve it to anyone.

Simple and Easy Classical Peanut Sauce

55

VEGETABLE SOUP

In Thailand

Prep Time: 15 mins

Total Time: 1 hr 30 mins

Servings per Recipe: 12

Calories

183 kcal

Carbohydrates

21.4 g

Cholesterol

< 1 mg

Fat

7.4 g

Protein

4.4 g

Sodium

749 mg

Ingredients

1 C. uncooked brown rice

1 C. white wine

2 C. water

3 tbsps fish sauce

3 tbsps olive oil

2 tbsps soy sauce

1 sweet onion, chopped

3 Thai chili peppers

4 cloves garlic, minced

2 tbsps chopped fresh lemon grass

1/4 C. chopped fresh ginger root

1 tbsp Thai pepper garlic sauce

1 C. chopped carrots

1 tsp saffron

4 C. chopped broccoli

3/4 C. plain yogurt

1 red bell pepper, diced

fresh cilantro, for garnish

1 (14 ounce) can light coconut milk

6 C. vegetable broth

Directions

1. Bring the mixture of rice and water to boil before turning the heat down to low and cooking for 45 minutes.

2. Cook ginger, carrots, garlic and onion in hot olive oil for about five minutes before you add broccoli, coconut milk, broth, wine, soy sauce,

Thai chili peppers, red bell pepper, lemon grass, fish sauce, garlic sauce, and saffron into it and cook for another 25 minutes.

3. Now blend this soup in batches in a blender until you get the required smoothness.

4. Mix yoghurt and cooked rice very thoroughly with this soup.

5. Garnish with cilantro before you serve.

56

Vegetable Soup In Thailand

The Best

Orange Thai

Prep Time: 15 mins

Total Time: 40 mins

Chicken

Servings per Recipe: 12

Calories

427 kcal

Carbohydrates

37.1 g

Cholesterol

32 mg

Fat

24.3 g

Protein

18.4 g

Sodium

1360 mg

Ingredients

2 tbsps olive oil

1/3 C. orange juice

3 carrots, cut into matchsticks

1/3 C. soy sauce

1/2 tsp minced fresh ginger root

1/3 C. brown sugar

1 clove garlic, minced

2 tbsps ketchup

2 tbsps olive oil

1 tsp crushed red pepper flakes

2 skinless, boneless chicken breast halves,

2 tbsps cornstarch

cut into small pieces

1/2 C. water

1/2 C. peanuts

Directions

1. Cook carrots, garlic and ginger in hot olive oil for about 5 minutes before transferring it to a bowl.

2. Cook chicken in hot olive oil for about 10 minutes before adding carrot mixture, water, brown sugar , orange juice, soy sauce, peanuts, ketchup, and red pepper flakes into this, and cooking for another 5 minutes.

3. Take out ¼ C. of sauce from the pan and add cornstarch into it.

4. Add this cornstarch mixture back to the chicken and cook until you see that the required thickness has been reached.

The Best Orange Thai Chicken

57

THAI

Broccoli Mix

Prep Time: 10 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories

315 kcal

Carbohydrates

8.2 g

Cholesterol

65 mg

Fat

18.9 g

Protein

28.3 g

Sodium

275 mg

Ingredients

2 tbsps olive oil

1/2 C. peanut sauce (such as House of

2 large skinless, boneless chicken breast

Tsang®), or to taste

halves, cut into bite-size pieces

1 pinch salt to taste

1 (12 ounce) package broccoli coleslaw

mix

1 tsp sesame oil, or to taste

1/2 C. water

Directions

1. Cook chicken in hot olive oil for about 5 minutes before you add water, broccoli and sesame oil.

2. Cook this on medium heat for about 15 minutes or until you see that the broccoli slaw is tender.

3. Do add some peanut sauce and salt according to your taste before serving.

A Uniquely Simple

Cumber Soup with

Prep Time: 15 mins

Total Time: 45 mins

Thai Roots

Servings per Recipe: 4

Calories

67 kcal

Carbohydrates

6.8 g

Cholesterol

3 mg

Fat

4 g

Protein

1.7 g

Sodium

702 mg

Ingredients

1 tbsp vegetable oil

1 tsp white sugar

3 cucumbers, peeled and diced

salt and ground black pepper to taste

1/2 C. chopped green onion

2 1/2 C. chicken broth

1 1/2 tbsps lemon juice

Directions

1. Cook cucumber in hot olive oil for about 5 minutes before adding green onions and cooking for another five minutes.

2. Add chicken broth, sugar and lemon juice into it before bringing all this to boil.

3. Turn down the heat to low and cook for another 20 minutes before adding salt and black pepper according to your taste.

4. Serve.

BBQ CHICKEN

Thai Style

Prep Time: 15 mins

Total Time: 4 hrs 45 mins

Servings per Recipe: 4

Calories

564 kcal

Carbohydrates

52.4 g

Cholesterol

230 mg

Fat

19.3 g

Protein

46.3 g

Sodium

375 mg

Ingredients

1 bunch fresh cilantro with roots

1 pinch salt

3 cloves garlic, peeled

3 tbsps fish sauce

3 small red hot chili peppers, seeded

1 (3 pound) chicken, cut into pieces

and chopped

1/4 C. coconut milk

1 tsp ground turmeric

1 tsp curry powder

1 tbsp white sugar

Directions

1. At first you need to set a grill or grilling plate to medium heat and put some oil before starting anything else.

2. Put minced cilantro roots, salt, leaves, chili peppers, curry powder, turmeric, sugar, fish sauce, garlic in a blender and blend until you see that the required smoothness is achieved.

3. Combine this paste and chicken in large bowl, and refrigerate it for at least three hours for margination.

4. Cook this on the preheated grill for about 15 minutes each side or until tender, while brushing it regularly with coconut milk.

5. Serve.

6. NOTE: Adjust grilling times accordingly if using a grilling plate instead of a conventional grill.

BBQ Chicken Thai Style

Charong’s

Favorite Thai Soup

Prep Time: 15 mins

Total Time: 25 mins

of Ginger

Servings per Recipe: 4

Calories

415 kcal

Carbohydrates

7.3 g

Cholesterol

29 mg

Fat

39 g

Protein

14.4 g

Sodium

598 mg

Ingredients

3 C. coconut milk

2 tbsps fish sauce, or to taste

2 C. water

1/4 C. fresh lime juice

1/2 pound skinless, boneless chicken

2 tbsps sliced green onions

breast halves - cut into thin strips

1 tbsp chopped fresh cilantro

3 tbsps minced fresh ginger root

Directions

1. Bring the mixture of coconut milk and water to boil before adding chicken strips, and cooking it for three minutes on medium heat or until you see that the chicken is cooked through.

2. Now add ginger, green onions, lime juice, cilantro and fish sauce into it.

3. Mix it well and serve.

Charong’s Favorite Thai Soup of Ginger

63

CHICKEN

Curry I

Prep Time: 15 mins

Total Time: 55 mins

Servings per Recipe: 6

Calories

500 kcal

Carbohydrates

22.1 g

Cholesterol

58 mg

Fat

36.1 g

Protein

25.8 g

Sodium

437 mg

Ingredients

1 tbsp olive oil

1 yellow onion, chopped

3 tbsps Thai yellow curry paste (such

3 small red potatoes, cut into cubes, or as

as Mae Ploy®)

needed

1 pound cooked skinless, boneless

3 red Thai chili peppers, chopped with

chicken breast, cut into bite-size pieces

seeds, or more to taste

2 (14 ounce) cans coconut milk

1 tsp fish sauce

1 C. chicken stock

Directions

1. Mix curry paste in hot oil before adding chicken and coating it well.

2. Add 1 can coconut milk and cook it for five minutes before adding the rest of the coconut milk, onion, potatoes, chicken stock and chili peppers into it and bringing all this to boil.

3. Turn the heat down to low and cook for 25 minutes or until the potatoes are tender.

4. Add fish sauce into before serving.

5. Enjoy.

64

Chicken Curry I

Chicken

Curry II

Prep Time: 15 mins

Total Time: 35 mins

Servings per Recipe: 4

Calories

621 kcal

Carbohydrates

86.7 g

Cholesterol

91 mg

Fat

19.4 g

Protein

35.2 g

Sodium

316 mg

Ingredients

1 tbsp canola oil

1 green pepper, cut into thin strips, then cut 2 tbsps green curry paste

crosswise in half

1 pound boneless skinless chicken breasts,

4 ounces cream cheese, cubed

cut into bite-size pieces

1/4 C. milk

1 small onion, thinly sliced

1/8 tsp white pepper

1 red pepper, cut into thin strips, then cut

2 C. hot cooked long-grain white rice

crosswise in half

Directions

1. Combine curry paste and hot oil before adding chicken and onions.

2. Cook this for about 8 minutes before adding green and red peppers, and cooking for another five minutes.

3. Now add cream cheese, white pepper and milk, and cook until you see that the cheese has melted.

4. Serve this on top of rice.

5. Enjoy.

Chicken Curry II

65

A THAI

Soup of Veggies

Prep Time: 15 mins

Total Time: 50 mins

Servings per Recipe: 5

Calories

310 kcal

Carbohydrates

22.9 g

Cholesterol

55 mg

Fat

22.4 g

Protein

8.5 g

Sodium

147 mg

Ingredients

1/4 C. butter

2 1/2 C. milk

6 tomatoes, peeled and quartered

3 tbsps coconut butter

3 zucchini, cut into chunks

1 tbsp curry powder

1 yellow onion, cut in half and

1/4 tsp ground turmeric

quartered

1/4 tsp ground ginger

1 red bell pepper, chopped

1/8 tsp ground cumin

3 cloves garlic, roughly chopped

1 bay leaf

1/4 C. chopped fresh cilantro leaves

5 tbsps heavy whipping cream (optional)

1 tbsp chopped fresh basil (preferably

Thai basil)

1 tbsp lime juice

1 pinch salt

Directions

1. Cook tomatoes, zucchini, onion, garlic, cilantro, red bell pepper, basil, lime juice, and salt in hot butter for about 25 minutes before transferring it to a blender and blending it until the required smoothness is achieved.

2. Cook milk, curry powder, turmeric, ginger, coconut butter, cumin, and bay leaf in the same pan for about 5 minutes or until you see that coconut butter has melted.

3. At the very end, add blended vegetables into it and cook for five more minutes.

4. Garnish with heavy cream before serving.

66

A Thai Soup of Veggies

Chicken

Burgers Re-

Prep Time: 15 mins

Total Time: 30 mins

Imagined From

Servings per Recipe: 8

Thailand

Calories

612 kcal

Carbohydrates

50.9 g

Cholesterol

80 mg

Fat

35.4 g

Protein

36.5 g

Sodium

859 mg

Ingredients

1 C. mayonnaise

2 tsps soy sauce

1/4 C. flaked coconut, finely chopped

3 cloves garlic, minced

1 tbsp chopped fresh mint

2 tsps lemon juice

2 pounds ground chicken

2 tsps lime juice

2 1/2 C. panko bread crumbs

1 tbsp hot pepper sauce

1/2 C. Thai peanut sauce

8 hamburger buns, split and toasted

2 tbsps red curry paste

2 tbsps minced green onion

2 tbsps minced fresh parsley

Directions

1. At first you need to set a grill or grilling plate to medium heat and put some oil before starting anything else. Refrigerate a mixture of mayonnaise, mint and coconut for one hour.

2. Combine ground chicken, Thai peanut sauce, curry paste, parsley, soy sauce, garlic, lemon juice, green onion, panko crumbs, lime juice, and hot pepper sauce in large sized bowl.

Cook this on the preheated grill for about 8 minutes each side or until tender.

3. Serve this with toasted bun.

4. NOTE: Adjust grilling times accordingly if using a grilling plate instead of a conventional grill.

Chicken Burgers Re-Imagined From Thailand

67

CLASSICAL

Shrimp In Thailand

Prep Time: 10 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories

289 kcal

Carbohydrates

8.2 g

Cholesterol

173 mg

Fat

20.1 g

Protein

20.9 g

Sodium

502 mg

Ingredients

4 cloves garlic, peeled

1 pound medium shrimp - peeled and

1 (1 inch) piece fresh ginger root

deveined

1 fresh jalapeno pepper, seeded

2 tomatoes, seeded and diced

1/2 tsp salt

1 C. coconut milk

1/2 tsp ground turmeric

3 tbsps chopped fresh basil leaves

2 tbsps vegetable oil

1 medium onion, diced

Directions

1. Blend the mixture of garlic, turmeric, ginger and jalapeno in a blender until the required smoothness is achieved.

2. Cook onion in hot oil for a few minutes before adding spice paste and cooking for another few minutes.

3. Cook shrimp for a few minutes in it before adding tomatoes and coconut milk, and cooking it for five minutes covered with lid.

4. Now cook for five more minutes without lid to get the sauce thick.

5. Also add some fresh basil at the last minute.

6. Serve.

68

Classical Shrimp In Thailand

Delightfully

Thai Basil Chicken

Prep Time: 15 mins

Total Time: 20 mins

Servings per Recipe: 4

Calories

273 kcal

Carbohydrates

16.5 g

Cholesterol

69 mg

Fat

10.7 g

Protein

29.4 g

Sodium

769 mg

Ingredients

2 tbsps peanut oil

2 tsps black soy sauce

1/4 C. minced garlic

2 tbsps fish sauce

1 pound ground chicken breast

1 C. fresh basil leaves

12 Thai chilis, sliced into thin rings

Directions

1. Cook garlic in hot peanut oil for about twenty seconds before adding ground chicken and cooking for another two minutes or until the chicken loses any pinkness.

2. Now add sliced chilies, fish sauce and soy sauce into it before cooking for 15 seconds to get the chilies tender.

3. At the very end, add basil and cook until you see that basil has wilted.

4. Serve.

Delightfully Thai Basil Chicken

69

A PIZZA

From Thailand

Prep Time: 10 mins

Total Time: 20 mins

Servings per Recipe: 8

Calories

396 kcal

Carbohydrates

33.3 g

Cholesterol

37 mg

Fat

20.2 g

Protein

24.2 g

Sodium

545 mg

Ingredients

1 (12 inch) pre-baked pizza crust

1/2 C. fresh bean sprouts(optional)

1 (7 ounce) jar peanut sauce

1/2 C. shredded carrot(optional)

1/4 C. peanut butter

1 tbsp chopped roasted peanuts (optional)

8 ounces cooked skinless, boneless

chicken breast halves, cut into strips

1 C. shredded Italian cheese blend

1 bunch green onions, chopped

Directions

1. Preheat your oven to 400 degrees F.

2. Spread a mixture of peanut sauce and peanut butter over the pizza crust and also put some strips of chicken, green onions and cheese.

3. Bake in the preheated oven for about 12 minutes or until the cheese has melted.

4. Garnish with carrot shreds, peanuts and sprouts.

5. Serve.

A Pizza From Thailand

Spicy

Thai Pasta

Prep Time: 15 mins

Total Time: 20 mins

Servings per Recipe: 8

Calories

564 kcal

Carbohydrates

52.4 g

Cholesterol

230 mg

Fat

19.3 g

Protein

46.3 g

Sodium

375 mg

Ingredients

1 (12 ounce) package rice vermicelli

1 large tomato, diced

2 pounds cooked shrimp, peeled and

4 green onions, diced

deveined

1 1/2 C. prepared Thai peanut sauce

Directions

1. Add rice vermicelli into boiling water and cook for about five minutes or until done.

2. Combine this rice with tomato, peanut sauce, green onions and shrimp very thoroughly in a medium sized bowl before refrigerating for at least eight hours.

Spicy Thai Pasta

73

FRIED

Chicken from

Prep Time: 15 mins

Total Time: 4 hrs 50 mins

Thailand

Servings per Recipe: 4

Calories

1032 kcal

Fat

47.5 g

Carbohydrates 102.1g

Protein

76.1 g

Cholesterol

1292 mg

Sodium

1428 mg

Ingredients

1/2 C. honey mustard

4 C. panko bread crumbs

1/2 C. sweet chili sauce

4 C. vegetable oil for frying

2 eggs, beaten

sea salt to taste

12 chicken drumsticks

Directions

1. Get a bowl, combine: sea salt, honey mustard, eggs, and chili sauce. Stir the mix until it is smooth and even then pour the mix into a plastic bag. Add your chicken to the bag and squeeze out all the air. Seal the bag then place everything in the fridge for 5 hrs.

2. Now set your oven to 350 degrees before doing anything else.

3. Get a dish layer your bread crumbs in it. Coat your pieces of chicken with the flour then begin to fry the chicken in hot veggie oil for 9 mins. Now place the meat on a cookie sheet and cook everything in the oven for 40 mins.

4. Enjoy.

74

Fried Chicken from Thailand

Spicy

Lime Shrimp

Prep Time: 1 hr

Total Time: 1 hr 24 mins

Servings per Recipe: 8

Calories

535 kcal

Fat

39.4 g

Carbohydrates 14.9g

Protein

29.2 g

Cholesterol

173 mg

Sodium

648 mg

Ingredients

Directions

1/4 C. minced lemon grass (white part

1. Get a bowl, combine: 3/4 C. of peanut oil, only)

lemon grass, 1 minced chili, 1/4 C. of ginger, 1/4 C. minced fresh ginger root

cilantro, and garlic. Stir in the shrimp to the 2 tbsps minced garlic

mix and place a covering of plastic over

1/4 tbsp chopped fresh cilantro

everything.

1 Thai or serrano chili pepper, minced

2. Let the bowl sit for 40 mins. At the same 3/4 C. peanut or canola oil

time begin to pulse the following in a food

2 lbs extra large shrimp (16-20), peeled

processor: water, lime juice, soy sauce,

and deveined, tail left on

mirin, and rice vinegar. Get the mix smooth

1/4 C. lime juice

then add in: peanut butter, lime zest, garlic, 1/4 C. rice wine vinegar

1 tbsp ginger, 2 chili peppers, and fish sauce.

1/2 C. mirin (Japanese sweet wine)

3. Continue pulsing until everything is smooth 2 tbsps dark soy sauce

again.

2 tbsps cold water

4. Now set the processor to a low speed and

3 tbsps grated lime zest

gradually add in the peanut oil in an even

1 tbsp minced fresh ginger root

stream.

2 tsps fish sauce

5. Once the mix is creamy enter everything

2 fresh Thai or Serrano chili, seeds

into a bowl. Then add in: pepper, mint, salt, removed

cilantro, and chopped peanuts.

2 tsps minced garlic

6. Cook your pieces of fish on the grill for 4

1/2 C. smooth, unsalted peanut butter

mins each side. When eating the shrimp dip

1/4 C. peanut oil

the pieces in the peanut sauce.

2 tbsps chopped fresh mint

1 tbsp chopped fresh cilantro

7. Enjoy.

1/4 C. unsalted roasted peanuts, chopped

Kosher salt to taste

Spicy Lime Shrimp

75

HONEY CHILI

and Peanut

Prep Time: 15 mins

Total Time: 25 mins

Noodles

Servings per Recipe: 4

Calories

330 kcal

Fat

12 g

Carbohydrates 46.8g

Protein

10.7 g

Cholesterol

0 mg

Sodium

1188 mg

Ingredients

1/2 C. chicken broth

8 oz. Udon noodles

1 1/2 tbsps minced fresh ginger root

1/4 C. chopped green onions

3 tbsps soy sauce

1/4 C. chopped peanuts

3 tbsps peanut butter

1 1/2 tbsps honey

2 tsps hot chili paste (optional)

3 cloves garlic, minced

Directions

1. Boil your noodles in water for 9 mins then remove all the liquids.

2. At the same time begin to stir and heat the following in a pan: garlic, broth, chili paste, ginger, honey, soy sauce, and peanut butter.

3. Once the mix is hot and smooth add in your noodles when they are finished. Then stir everything to evenly distribute the sauce.

4. Now top the noodles with some peanuts and onions.

5. Enjoy.

Honey Chili and Peanut Noodles

Maggie’s

Easy Coconut Soup

Prep Time: 35 mins

Total Time: 1 hr 5 mins

Servings per Recipe: 8

Calories

375 kcal

Fat

33.2 g

Carbohydrates 9.4g

Protein

13.7 g

Cholesterol

89 mg

Sodium

1059 mg

Ingredients

1 tbsp vegetable oil

1 lb medium shrimp - peeled and deveined

2 tbsps grated fresh ginger

2 tbsps fresh lime juice

1 stalk lemon grass, minced

salt to taste

2 tsps red curry paste

1/4 C. chopped fresh cilantro

4 C. chicken broth

3 tbsps fish sauce

1 tbsp light brown sugar

3 (13.5 oz.) cans coconut milk

1/2 lb fresh shiitake mushrooms, sliced

Directions

1. Stir fry your curry paste, lemongrass, and ginger in oil for 2 mins then add in the broth while continuing to stir everything.

2. Add in the brown sugar and fish sauce and let the contents gently boil for 17 mins.

3. Now add the mushrooms and the coconut milk.

4. Continue cooking everything for 7 more min.

5. Then combine in the shrimp and let the fish cook for 7 mins until it is fully done.

6. Now add some cilantro, salt, and lime juice.

7. Enjoy.

Maggie’s Easy Coconut Soup

77

PEANUT,

Jalapeno, and

Prep Time: 15 mins

Total Time: 45 mins

Cucumber Salad

Servings per Recipe: 4

Calories

238 kcal

Fat

9.4 g

Carbohydrates 37.1g

Protein

5.8 g

Cholesterol

0 mg

Sodium

1751 mg

Ingredients

3 large cucumbers, peeled, halved

1/4 C. chopped cilantro

lengthwise, seeded, and cut into 1/4-

1/2 C. chopped peanuts

inch slices

1 tbsp salt

1/2 C. white sugar

1/2 C. rice wine vinegar

2 jalapeno peppers, seeded and chopped

Directions

1. Get a perforated bowl and in the sink combine your salt and cucumbers.

2. Let the mix sit for 40 mins then run the veggies under some fresh water.

3. Now dry everything with some paper towels.

4. Get a bowl, combine: vinegar and sugar.

5. Continue mixing everything until the sugar is fully incorporated with the vinegar then combine in: cilantro, jalapenos, and cucumbers.

6. Top everything with some peanuts.

7. Enjoy.

78

Peanut, Jalapeno, and Cucumber Salad

Catalina’s

Spicy Wontons

Prep Time: 20 mins

Total Time: 20 mins

Servings per Recipe: 15

Calories 685.4

Fat 66.0g

Cholesterol 26.0mg

Sodium 263.0mg

Carbohydrates 18.9g

Protein 5.8g

Ingredients

1 (8 oz.) packages cream cheese, softened

black pepper

1 C. Monterey Jack cheese, shredded

1 (16 oz.) packages wonton wrappers

1 (4 oz.) cans jalapeño peppers, diced

1 quart vegetable oil

1 tsp minced garlic

3 green onions, diced

Directions

1. In a bowl, add the Monterey Jack cheese, cream cheese, green onions, garlic, jalapeño peppers and black pepper and mix until well combined.

2. Place 1 tsp of the jalapeño mixture in the center of each wonton wrapper.

3. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape.

4. Now, with your fingers, press the edges to seal completely.

5. In a skillet, add the oil over medium-high heat and cook until heated through.

6. Add the wontons in batches and cook until golden brown completely, flipping occasionally.

7. With a slotted spoon, transfer the wrappers onto a paper towel-lined plate to drain.

8. Enjoy.

MANITOBA

Maple Wontons

Prep Time: 15 mins

Total Time: 33 mins

Servings per Recipe: 1

Calories 45.1

Fat 0.1g

Cholesterol 0.7mg

Sodium 83.7mg

Carbohydrates 10.1g

Protein 0.9g

Ingredients

1 C. canned pumpkin

granulated sugar

2 tbsp maple syrup

ground cinnamon

3 tbsp brown sugar

cooking spray

1 tsp pumpkin pie spice

16 packaged wonton wrappers

Directions

1. Set your oven to 400 degrees F before doing anything else.

2. In a bowl, add the pumpkin, pumpkin pie spice, brown sugar and maple syrup and mix until well combined.

3. Place about 1 tbsp of the pumpkin mixture in the center of each wonton wrapper.

4. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape.

5. Now, with your fingers, press the edges to seal completely.

6. In the bottom of an ungreased baking sheet, arrange the wonton wrappers and spray with the cooking spray.

7. Dust the wontons with the cinnamon and granulated sugar and cook in the oven for about 16 minutes.

8. Carefully, flip the side and cook in the oven for about 2 minutes.

9. Remove from the oven and keep aside to cool.

10. Enjoy.

82

Manitoba Maple Wontons

Silver Dragon

Wonton Soup

Prep Time: 20 mins

Total Time: 28 mins

Servings per Recipe: 6

Calories 123.1

Fat 3.5g

Cholesterol 13.7mg

Sodium 973.7mg

Carbohydrates 11.2g

Protein 10.4g

Ingredients

2 green onions

12 -18 wonton skins

1/4 lb. lean ground beef

6 C. chicken broth

1/4 C. chopped celery

1/2 C. spinach, shredded

1 tbsp chopped parsley

1/4 C. shredded carrot

1/4 tsp salt

1 dash pepper

Directions

1. Remove the top from 1 green onion and cut into thin slices diagonally.

2. Reserve the slices for garnishing.

3. Then, cut the remaining green onions into small pieces.

4. In a bowl, add the ground beef, celery, chopped onion, parsley, salt and pepper and gently, stir to combine.

5. Place about 1 1/2 tbsp of the beef mixture in the center of each wonton square.

6. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape.

7. Now, with your fingers, press the edges to seal completely.

8. In a pan, add the broth and cook until boiling.

9. Now, set the heat to medium.

10. Add the wontons in 2 batches and cook for about 4 minutes.

11. With a slotted spoon, transfer the wontons onto a plate and with a piece of foil, cover them to keep warm.

12. In hot broth, add the spinach, carrot and reserved green onion slices and stir to combine.

13. Divide the wontons into serving bowls and top with the hot broth mixture.

14. Enjoy hot.

Silver Dragon Wonton Soup

83

ARTISANAL

Wonton Tins

Prep Time: 30 mins

Total Time: 1 hr

Servings per Recipe: 48

Calories 67.3

Fat 3.4g

Cholesterol 7.4mg

Sodium 141.5mg

Carbohydrates 6.5g

Protein 2.8g

Ingredients

1 C. freshly grated Parmesan cheese

1 (14 oz.) cans water-packed artichoke

1 C. mayonnaise

hearts, drained and chopped

1/2 tsp onion powder

1 (12 oz.) packages wonton wrappers

1/2 tsp garlic powder

2 C. shredded mozzarella cheese

Directions

1. Set your oven to 350 degrees F before doing anything else.

2. In a bowl, add the mayonnaise, Parmesan cheese, garlic powder and onion powder and mix until blended nicely.

3. Add the artichoke pieces and mozzarella cheese and mix well.

4. With the cooking spray, spray one side of all wonton wrappers.

5. Place 1 wrapper into 1 of each mini muffin C. and press to fit in a C. shape.

6. Cook in the oven for about 5 minutes.

7. Remove from the oven and place 1 tbsp of the artichoke mixture in each C..

8. Cook in the oven for about 5-6 minutes.

9. Enjoy warm.

84

Artisanal Wonton Tins

How to Make

Wonton Wraps

Prep Time: 1 hr 30 mins

Total Time: 1 hr 30 mins

Servings per Recipe: 1

Calories 981.5

Fat 7.2g

Cholesterol 186.0mg

Sodium 1242.3mg

Carbohydrates 191.1g

Protein 32.1g

Ingredients

2 C. all-purpose flour

1/4 C. water

1/2 tsp salt

extra flour

1 egg

1/4 C. water

Directions

1. In a bowl, add the flour and salt and mix well.

2. In another bowl, add the egg and 1/4 C. of water and gently, beat until well combined.

3. With your hands, create a well in the center of the flour mixture.

4. Add the egg mixture in the well and mix alongside the remaining water.

5. With your hands, knead the dough until a smooth dough forms.

6. Transfer the dough into a bowl.

7. With a damp cloth, cover the bowl and aside for about 1 hour.

8. Divide the dough into 4 equal sized portions.

9. Place one dough portion onto a generously floured surface and with a rolling pin, roll into a very thin circle.

10. Now, cut the dough into equal sized circles.

11. Repeat with the remaining dough portions.

How to Make Wonton Wraps

85

4-INGREDIENT

Wontons

Prep Time: 5 mins

Total Time: 12 mins

Servings per Recipe: 16

Calories 96.7

Fat 3.1g

Cholesterol 9.0mg

Sodium 91.9mg

Carbohydrates 15.6g

Protein 1.6g

Ingredients

1/2 C. granulated sugar

4 tbsp unsalted butter, melted

1 1/2 tsp ground cinnamon

32 wonton wrappers

Directions

1. Set your oven to 400 degrees F before doing anything else.

2. In a bowl, add the sugar and cinnamon and mix well.

3. Carefully, separate the wonton wrappers.

4. In the bottom of a baking sheets, arrange the wonton wrappers about 1/2-inch apart.

5. Coat each wrapper with the butter evenly and dust with the cinnamon sugar.

6. Cook in the oven for about 5-7 minutes.

7. Remove from the oven and place onto the wire rack to cool.

8. You can preserve these wrappers in an airtight container.

86

4-Ingredient Wontons

Wontons

with Seoul

Prep Time: 30 mins

Total Time: 50 mins

Servings per Recipe: 1

Calories 31.5

Fat 1.2g

Cholesterol 5.7mg

Sodium 55.9mg

Carbohydrates 3.7g

Protein 1.2g

Ingredients

2 C. shredded cabbage

3 cloves garlic, minced

1 C. canned bean sprouts

1 1/2 tsp sesame oil

1/2 C. shredded carrot

1/2 tsp salt

1 1/2 tsp vegetable oil, plus

1/2 tsp pepper

2 tbsp vegetable oil, divided

1 (12 oz.) packages wonton wrappers

1/3 lb. ground beef

1 egg, beaten

1/3 C. green onion, sliced

3 tbsp water

1 1/2 tsp sesame seeds, toasted

1/2 tsp ground ginger

Directions

1. Heat a skillet and cook the ground beef until done completely.

2. Drain the grease from the skillet.

3. Meanwhile, in another skillet, add 1 1/2 tsp of the oil and cook until heated through.

Add the carrot, cabbage and bean sprouts and sauté until tender. Add the cooked beef, green onions, garlic, sesame oil, sesame seeds, ground ginger, salt and pepper and stir to combine.

4. Remove from the heat.

5. In a bowl, add the egg and water and beat well.

6. Place about 1 tbsp of the beef mixture in the center of each wonton wrapper. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape.

7. Now, with your fingers, press the edges to seal completely.

8. In a wok, add the remaining oil and cook until heated through.

9. Add the wontons in batches and cook for about 2-4 minutes, flipping once half way through. Enjoy warm.

Wontons with Seoul

87

GILROY

Garlic Festival

Prep Time: 45 mins

Total Time: 55 mins

Wontons

Servings per Recipe: 10

Calories 179.9

Fat 8.3g

Cholesterol 28.0mg

Sodium 273.5mg

Carbohydrates 20.9g

Protein 5.1g

Ingredients

1 (8 oz.) packages cold cream cheese

1 egg white

3 garlic cloves (minced)

1 (12 oz.) packages wonton wrappers

Directions

1. In a bowl, add the cream cheese and garlic and mix until well combined.

2. Refrigerate to chill for about 15 minutes 3. Place about 1 tsp of the cream cheese mixture in the center of each wonton wrapper.

4. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape.

5. Now, with your fingers, press the edges to seal completely.

6. Wet each square edge with the egg wash.

7. Fold into triangles.

8. In a deep skillet, add the oil and cook until its temperature reaches to 450 degrees F.

9. Add the wontons in batches and cook until golden brown from both sides.

10. With a slotted spoon, transfer the wontons onto a paper towel-lined plate to drain.

11. Enjoy alongside your favorite dipping sauces.

88

Gilroy Garlic Festival Wontons

Southwest

Breakfast Wontons

Prep Time: 20 mins

Total Time: 30 mins

Servings per Recipe: 1

Calories 201.3

Fat 13.8g

Cholesterol 24.5mg

Sodium 430.4mg

Carbohydrates 11.9g

Protein 6.5g

Ingredients

1 (16 oz.) packages wonton wrappers

1 C. shredded cheddar cheese

1 lb. beef sausage, browned, drained and

1 C. ranch dressing

cooled

1 C. shredded Monterey Jack cheese

Directions

1. Set your oven to 350 degrees F before doing anything else and grease C. of a mini muffin pan.

2. Place 1 wrapper into 1 of each prepared muffin C. and press to fit in a C. shape.

3. Cook in the oven for about 5 minutes.

4. Remove from the oven and keep aide to cool.

5. In a bowl, add the sausage, Ranch dressing and cheeses and mix until well combined.

6. Place the sausage mixture into each C. and cook in the oven for about 10-15 minutes.

7. Enjoy warm.

Southwest Breakfast Wontons

HOT

Ginger Wontons

Prep Time: 10 mins

Total Time: 30 mins

Servings per Recipe: 2

Calories 378.4

Fat 20.9g

Cholesterol 288.0mg

Sodium 1337.8mg

Carbohydrates 4.5g

Protein 43.4g

Ingredients

1 lb. ground chicken

1/4 tsp cayenne pepper

1 large egg

1 tsp salt

1 tsp ground ginger

1 tsp pepper

3 garlic cloves, minced

oil

1/4 C. green onion, chopped

1/4 tsp allspice

1/8 tsp cinnamon

Directions

1. In a bowl, add the egg, chicken, green onion and spices and mix well.

2. In a deep skillet, add the oil and cook until its temperature reaches to 375 degrees F.

3. With 1 tsp, place the mixture and cook until golden brown.

4. With a slotted spoon, transfer the wontons onto a paper towel-lined plate to drain.

5. Enjoy alongside your favorite sauce.

Hot Ginger Wontons

Cream Cheese

Dumplings

Prep Time: 5 mins

Total Time: 20 mins

Servings per Recipe: 1

Calories 188.1

Fat 6.8g

Cholesterol 36.4mg

Sodium 245.2mg

Carbohydrates 26.9g

Protein 4.6g

Ingredients

1 egg

1 C. water

1 (8 oz.) Philadelphia Cream Cheese

oil

1/2 C. sugar

1 package of wonton wrappers

Directions

1. In a bowl, add the egg and beat well.

2. Add 1/2 C. of the sugar and cream cheese and beat until well combined.

3. Place the mixture into the center of each wonton wrapper.

4. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape.

5. Now, with your fingers, press the edges to seal completely.

6. In a deep skillet, add the oil and cook until heated through.

7. Add the wontons in batches and cook until golden brown from both sides.

8. With a slotted spoon, transfer the wontons onto a paper towel-lined plate to drain.

9. Enjoy warm.

Cream Cheese Dumplings

93

EASY

Buffalo Wontons

Prep Time: 30 mins

Total Time: 50 mins

Servings per Recipe: 1

Calories 52.6

Fat 2.0g

Cholesterol 11.1mg

Sodium 123.2mg

Carbohydrates 4.7g

Protein 3.4g

Ingredients

2 chicken breasts, cooked and chopped

24 wonton wrappers

1/4 C. buffalo-style hot sauce

oil

1/2 tsp chopped garlic

1/4 C. cream cheese

Directions

1. In a bowl, add the chicken, cream cheese, hot sauce and garlic and ix until smooth.

2. Place about 1 tsp of the chicken mixture in the center of each wonton wrapper.

3. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape.

4. Now, with your fingers, press the edges to seal completely.

5. In a deep skillet, add the oil and cook until its temperature reaches to 325 degrees F.

6. Add the wontons in batches and cook until golden brown from both sides.

7. With a slotted spoon, transfer the wontons onto a paper towel-lined plate to drain.

8. Enjoy hot.

94

Easy Buffalo Wontons

Mozzarella

Wonton Bites

Prep Time: 20 mins

Total Time: 38 mins

Servings per Recipe: 1

Calories 71.1

Fat 3.4g

Cholesterol 25.8mg

Sodium 164.8mg

Carbohydrates 6.1g

Protein 3.9g

Ingredients

24 square wonton wrappers

4 oz. cream cheese, softened

1 tbsp butter, melted

1 -2 cloves minced garlic

10 oz. shelled deveined and cooked

1/2-1 tsp Worcestershire sauce

medium shrimp

1 C. grated mozzarella cheese

2 green onions, chopped

1/3 C. grated carrot

Directions

1. Set your oven to 350 degrees F before doing anything else and lightly grease C. of mini muffin pans.

2. Coat one side of each wonton wrapper with the butter evenly.

3. Place 1 wrapper into 1 of each prepared mini muffin C., buttered-side up and press to fit in a C. shape.

4. Cook in the oven for about 8 minutes.

5. Remove from the oven and keep aside.

6. Place 24 shrimp into a bowl and reserve them.

7. Chop the remaining shrimp finely and place into a second bowl.

8. In a third bowl, add the garlic, cream cheese and Worcestershire sauce and mix till well combined.

9. Add the chopped shrimp, mozzarella cheese, carrot and green onions and mix until well combined.

10. Place the shrimp mixture into each wonton C. evenly and top each with the reserved shrimp.

11. Enjoy.

Mozzarella Wonton Bites

95

BAJA

Wontons

Prep Time: 15 mins

Total Time: 16 mins

Servings per Recipe: 4

Calories 796.5

Fat 66.5g

Cholesterol 109.0mg

Sodium 833.7mg

Carbohydrates 24.3g

Protein 31.8g

Ingredients

Wontons

2 tbsp lemon juice

1/2 C. canned green chili

1 tsp seasoning salt, mix

1/4 C. canned jalapeño

1 tsp ground coriander

1 lb. Monterey Jack cheese, shredded

1/2 C. mayonnaise

wonton wrapper

3 green onions, minced

Dip

3 avocados

Directions

1. In a food processor, add the Monterey Jack cheese, jalapeño and green chili and pulse until smooth.

2. Place about 2 tbsp of the cheese mixture in the center of each wonton wrapper. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape.

3. Now, with your fingers, press the edges to seal completely.

4. Place about 2 tbsp of the cheese mixture on one corner of the wonton wrapper and fold the corner over the filling.

5. In a deep skillet, add the oil and cook until its temperature reaches to 350 degrees F. Add the wontons in batches and cook for about 2-4 minutes, flipping once half way through.

6. With a slotted spoon, transfer the wontons onto a paper towel-lined plate to drain.

7. Meanwhile, for sauce: in a bowl, add all the ingredients. and mix until well combined.

8. Enjoy the wontons alongside the dipping sauce.

Baja Wontons

Wontons

Seattle

Prep Time: 25 mins

Total Time: 40 mins

Servings per Recipe: 1

Calories 50.1

Fat 2.0g

Cholesterol 5.9mg

Sodium 70.5mg

Carbohydrates 6.5g

Protein 1.5g

Ingredients

1/2 tbsp olive oil

5 oz. frozen chopped spinach, thawed and

1/4 C. onion, chopped

squeezed dry

1/4 C. shallot, minced

1/4 C. grated Asiago cheese

1 garlic clove, minced

salt

4 oz. cream cheese, softened

24 wonton wrappers

1/4 C. mayonnaise

water

7 oz. quartered artichoke hearts in brine

cooking spray

1/8 tsp ground cayenne pepper

Directions

1. Set your oven to 375 degrees F before doing anything else and arrange a rack in the upper third part of the oven. Lightly, grease a baking sheet. In a skillet, add the oil over medium heat and cook until heated through. Add the shallots and onion and stir fry for about 3 minutes.

2. Stir in the garlic and stir fry for about 20 seconds. Remove from the heat and transfer the onion mixture into a bowl. In a blender, add the artichoke hearts, cream cheese, mayonnaise and cayenne pepper and pulse until smooth. In the bowl of the onion mixture, add the artichoke mixture, spinach, Asiago cheese and salt and mix until well combined. Place about 1/2 tsp of the chocolate chips in the center of each wonton wrapper, followed by 1 strawberry piece.

3. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape. Now, with your fingers, press the edges to seal completely. In the bottom of the prepared baking sheet, arrange the wonton wrappers and spray each with the cooking spray.

4. Cook in the oven for about 10 minutes.

5. Carefully, flip the side and cook for about 4 minutes. Enjoy warm.

Wontons Seattle

97

WONTONS

West Indian

Prep Time: 15 mins

Total Time: 30 mins

Servings per Recipe: 1

Calories 32.8

Fat 0.1g

Cholesterol 0.6mg

Sodium 40.7mg

Carbohydrates 7.2g

Protein 0.8g

Ingredients

2 large ripe bananas, peeled and cut

1/4 tsp ground cinnamon

into slices

oil

24 wonton wrappers

powdered sugar

1 tbsp granulated sugar

Directions

1. In a bowl, add the cinnamon and sugar and mix well.

2. Arrange the wonton wrappers onto a smooth surface.

3. Coat each banana slice with the cinnamon sugar.

4. Place 1 banana slice in the center of each wrapper.

5. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape.

6. Now, with your fingers, press the edges to seal completely.

7. In a deep skillet, add the oil and cook until its temperature reaches to 350 degrees F.

8. Add the wontons in batches and cook until golden brown from both sides.

9. With a slotted spoon, transfer the wontons onto a paper towel-lined plate to drain.

10. Dust with the sugar and enjoy.

98

Wontons West Indian

Weeknight

Ground Beef

Prep Time: 30 mins

Total Time: 40 mins

Wontons

Servings per Recipe: 6

Calories 928.0

Fat 82.9g

Cholesterol 75.2mg

Sodium 468.2mg

Carbohydrates 31.0g

Protein 16.0g

Ingredients

1/2 lb. lean ground beef

36 wonton wrappers

1/4 C. yellow onion, grated

1 large egg white, beaten

2 oz. cream cheese

2 C. canola oil

1/4 C. cheddar cheese, shredded

1 large egg

2 tbsp dry breadcrumbs

2 tbsp taco seasoning

2 tbsp cilantro, minced

Directions

1. In a bowl, add the beef, 1 egg, breadcrumbs, cheddar cheese, cream cheese, onion, cilantro and taco seasoning and mix until well combined.

2. Place about 1 tsp of the beef mixture in the center of each wonton wrapper.

3. Coat the edges of wrappers with the beaten egg and fold them over the filling in a triangle shape.

4. Now, with your fingers, press the edges to seal completely.

5. In a deep skillet, add the oil and cook until its temperature reaches to 375 degrees F.

6. Add the wontons in batches and cook for about 2 minutes, from both sides.

7. With a slotted spoon, transfer the wontons onto a paper towel-lined plate to drain.

8. Enjoy with a garnishing of the cilantro alongside the salsa.

Weeknight Ground Beef Wontons

99

PENNSYLVANIA

Park Wontons

Prep Time: 15 mins

Total Time: 35 mins

Servings per Recipe: 24

Calories 46.8

Fat 1.4g

Cholesterol 1.7mg

Sodium 49.2mg

Carbohydrates 7.2g

Protein 1.1g

Ingredients

24 Hershey chocolate kisses

confectioners' sugar

24 wonton wrappers

oil

Directions

1. Arrange a chocolate kiss in the middle of each wonton wrapper.

2. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape.

3. Now, with your fingers, press the edges to seal completely.

4. In an electric skillet, add about 1-inch of the oil and cook until its temperature reaches to 375 degrees F.

5. Add the wontons in batches and cook until golden brown completely.

6. With a slotted spoon, transfer the wontons onto a paper towel-lined plate to drain.

7. Sprinkle with the confectioners' sugar and enjoy.

Pennsylvania Park Wontons

Hibachi

House Salad with

Prep Time: 20 mins

Total Time: 25 mins

Wonton Crisps

Servings per Recipe: 8

Calories 391.6

Fat 41.0g

Cholesterol 0.4mg

Sodium 69.1mg

Carbohydrates 6.3g

Protein 1.1g

Ingredients

5 1/2 C. romaine lettuce, torn

1/2 tsp ground mustard

2 plum tomatoes, chopped

1/2 tsp lemon juice

1/2 C. fresh pineapple, diced

1/8 tsp salt

3 tbsp onions, chopped

1 dash pepper

1 C. vegetable oil

1/2 C. olive oil

5 wonton wrappers, cut into strips

Dressing

3 tbsp cider vinegar

Directions

1. In a bowl, add the pineapple, tomatoes, romaine and onion and mix.

2. In a skillet, add the vegetable oil and cook until its temperature reaches to 375 degrees F.

3. Add the wonton strips in batches and cook for about 15-20 seconds.

4. With a slotted spoon, transfer the wontons onto a paper towel-lined plate to drain.

5. Place the strips over the bowl of the salad.

6. In a food processor, add the mustard, vinegar, lemon juice, salt and pepper and pulse until well combined.

7. While motor is running, slowly add the olive oil and pulse until well combined.

8. Drizzle the dressing over the salad and enjoy.

Hibachi House Salad with Wonton Crisps

HAPPY WONTONS

with Orange

Prep Time: 25 mins

Total Time: 45 mins

Sauce

Servings per Recipe: 1

Calories 52.6

Fat 1.3g

Cholesterol 12.3mg

Sodium 454.3mg

Carbohydrates 7.4g

Protein 2.7g

Ingredients

1 C. low sodium soy sauce

24 large shell-on shrimp

1/3 C. chopped cilantro

vegetable oil

24 sprigs cilantro, leaves and tender

24 square wonton wrappers

stems

1/4 C. orange juice

1 tbsp lemon zest

3 tbsp lemon juice

2 tbsp minced ginger

2 tbsp orange marmalade

2 tsp minced ginger

3 tbsp chopped green onions

2 tbsp toasted sesame oil

Directions

1. In a bowl, add 1 tbsp of the sesame oil, 1/2 C. of the soy sauce, cilantro, 2 tbsp of the ginger and lemon zest and beat until well combined.

2. Add the shrimp and coat with the mixture generously.

3. Cover the bowl and keep aside for about 18-20 minutes.

4. In a colander, place the shrimp and keep aside until drained completely. With the paper towels, pat dry the shrimp completely.

5. Place the cilantro and leaves stems in the center of each wonton wrapper evenly, followed by 1 shrimp lengthwise.

6. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape. Now, with your fingers, press the edges to seal completely. In a deep skillet, add the oil and cook until its temperature reaches to 375 degrees F.

7. Add the wontons in batches and cook until golden brown from both sides. With a slotted spoon, transfer the wontons onto a paper towel-lined plate to drain.

8. For the dipping sauce: in a bowl, add the remaining ingredients and mix until well combined.

9. Enjoy the wonton wrappers alongside the sauce.

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Happy Wontons with Orange Sauce

Wontons

Chips with Style

Prep Time: 5 mins

Total Time: 20 mins

Servings per Recipe: 6

Calories 688.4

Fat 7.7g

Cholesterol 19.2mg

Sodium 1450.6mg

Carbohydrates 130.6g

Protein 21.3g

Ingredients

Teriyaki Style

1/2 tsp Thai red chili paste, see appendix

20 -22 egg roll wraps

2 tbsp lime juice

2 tbsp teriyaki sauce

1 tbsp vegetable oil

2 tbsp honey

1 tbsp vegetable oil

Thai Style

20 -22 egg roll wraps

Directions

1. Set your oven to 400 degrees F before doing anything else and line a baking sheet with the parchment paper.

2. For the teriyaki chips; in a bowl add the honey, teriyaki sauce and peanut oil and beat until combined nicely.

3. Cut each egg roll wrapper into 3 portions.

4. Coat each side of each wrapper portion with the honey mixture.

5. In the bottom of the prepared baking sheet, arrange the wontons.

6. Cook in the oven for about 15 minutes.

7. Remove from the oven and transfer the baking sheet onto a wire rack to crisp.

8. For the Thai chips; in a bowl, add the oil, lime juice and curry paste and beat until blended nicely.

9. Coat each side of each wrapper portion with the curry paste mixture.

10. In the bottom of the prepared baking sheet, arrange the wontons.

11. Cook in the oven for about 15 minutes.

12. Remove from the oven and transfer the baking sheet onto a wire rack to crisp.

13. Enjoy.

Wontons Chips with Style

CUCUMBER

Wontons

Prep Time: 5 mins

Total Time: 17 mins

Servings per Recipe: 1

Calories 37.0

Fat 0.7g

Cholesterol 0.7mg

Sodium 46.3mg

Carbohydrates 6.8g

Protein 0.9g

Ingredients

cooking spray

2 tbsp chopped cilantro

24 wonton wrappers

1 tbsp olive oil

1 mango, peeled, pitted and diced

1 pinch cayenne pepper

1 cucumber, peeled, seeded and diced

1/2 red onion, diced

2 tbsp fresh lime juice

Directions

1. Set your oven to 350 degrees F before doing anything else and grease the C. of the mini muffin pans.

2. Arrange 1 wonton wrapper in each prepared muffin C. and press to fit in a C. shape.

3. cook in the oven for about 9-12 minutes.

4. Remove from the oven and keep aside to cool completely.

5. Meanwhile, in a bowl, add the remaining ingredients and mix until well combined.

6. Fill each wonton C. with the salsa .

7. Enjoy.

106

Cucumber Wontons

Chipotle

Wontons with

Prep Time: 25 mins

Total Time: 40 mins

Southwest Salsa

Servings per Recipe: 1

Calories 157.8

Fat 3.5g

Cholesterol 12.0mg

Sodium 287.5mg

Carbohydrates 25.7g

Protein 5.8g

Ingredients

Salsa

1/4 lb. Monterey Jack cheese, shredded

1/4 C. red onion, diced

3 -4 long green chilies, roasted, peeled, seeded 1 large jalapeño, seeded and diced

and diced

2 -3 green onions, diced

1/2 tsp salt

1/4 C. red bell pepper, diced

1/4 tsp black pepper

1/2 medium fresh pineapple, peeled, cored 1/4 tsp cumin and diced or

1 -2 clove garlic, minced

1 (20 oz.) cans pineapple chunks, drained

24 egg roll wraps

and diced

flour

Filling

vegetable oil

1/4 lb. cheddar cheese, shredded

Directions

1. For the salsa: in a bowl, add all the ingredients and mix well.

2. Cover the bowl and place in the fridge for about 4-6 hours.

3. In another bowl, add the cheeses, garlic, chile, cumin, salt and pepper and gently, toss to coat well. Arrange the wonton wrappers onto a smooth surface.

4. Place about 1 tsp of the cheese mixture in the center of each wonton wrapper. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape.

5. Now, with your fingers, press the edges to seal completely.

6. Sprinkle each wonton with the flour. In a deep skillet, add 3-inch of the oil and cook until its temperature reaches to 375 degrees F.

7. Add the wontons in batches and cook until golden brown from both sides. With a slotted spoon, transfer the wontons onto a paper towel-lined plate to drain. Enjoy warm.

Chipotle Wontons with Southwest Salsa

107

WONTON

Ice Cream

Prep Time: 30 mins

Total Time: 30 mins

Sandwiches

Servings per Recipe: 8

Calories 240.7

Fat 0.9g

Cholesterol 5.1mg

Sodium 357.3mg

Carbohydrates 52.4g

Protein 5.6g

Ingredients

1 (21 oz.) cans cinnamon apple pie

powdered sugar

filling

ice cream

1 (16 oz.) packages wonton wrappers

oil

Directions

1. Place about 1 tbsp of the apple pie filling in the middle of each wonton wrapper.

2. Coat the edges of wrappers with wet fingers and fold them over the filling in a triangle shape.

3. With your fingers, press the edges to seal completely.

4. In a deep skillet, add 1/4-1/2-inch of the oil and cook until heated through.

5. Add the wontons in batches and cook until golden brown completely.

6. With a slotted spoon, transfer the wontons onto a paper towel-lined plate to drain.

7. Dust with the confectioners' sugar and enjoy.

Wonton Ice Cream Sandwiches

Cupertino

Lunch Wontons

Prep Time: 15 mins

Total Time: 30 mins

Servings per Recipe: 24

Calories 35.4

Fat 0.1g

Cholesterol 0.7mg

Sodium 46.0mg

Carbohydrates 7.8g

Protein 0.8g

Ingredients

2 medium apples, McIntosh, peeled, cored

1/2 tsp ground cinnamon

and minced

24 wonton wrappers

1 tbsp packed light brown sugar

1 1/2 tbsp powdered sugar

1 tsp lemon juice

Directions

1. Set your oven to 350 degrees F before doing anything else and lightly grease a baking sheet.

2. In a bowl, add all the ingredients except the wonton wrappers and powdered sugar and mix until well combined.

3. Place the desired amount of the apple mixture in the center of each wonton wrapper.

4. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape.

5. Now, with your fingers, press the edges to seal completely.

6. Spray each wonton with the cooking spray.

7. Cook in the oven for about 15 minutes.

8. Dust with the powdered sugar and enjoy.

Cupertino Lunch Wontons

109

WONTON

Kyoto

Prep Time: 10 mins

Total Time: 14 mins

Servings per Recipe: 6

Calories 152.0

Fat 3.6g

Cholesterol 3.6mg

Sodium 423.3mg

Carbohydrates 24.8g

Protein 5.0g

Ingredients

1/4 C. sesame seeds

1/2 tsp paprika

1/2 tsp garlic powder

30 wonton wrappers, halved diagonally

1/2 tsp salt

Directions

1. Set your oven to 375 degrees F before doing anything else.

2. In a bowl, add all ingredients except the wrappers and mix until well combined.

3. In the bottom of a baking sheet, arrange the wontons and coat with the cooking spray.

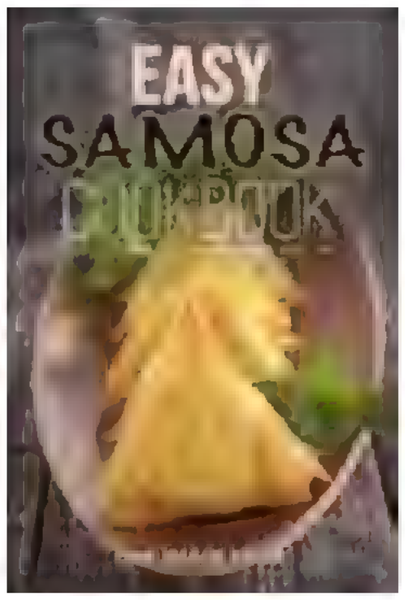
4. Top each wonton with the sesame seeds mixture evenly.

5. Cook in the oven for about 4 minutes.

6. Enjoy warm.

110

Wontons Kyoto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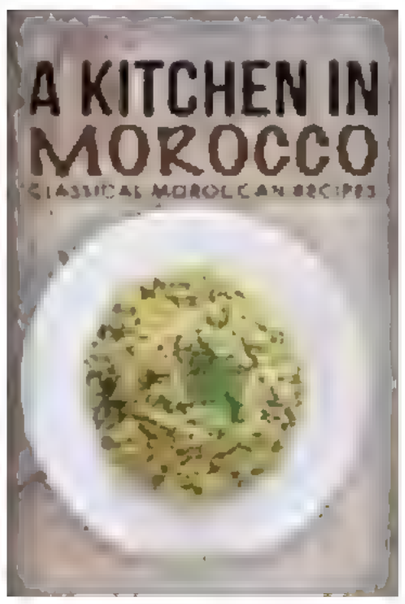
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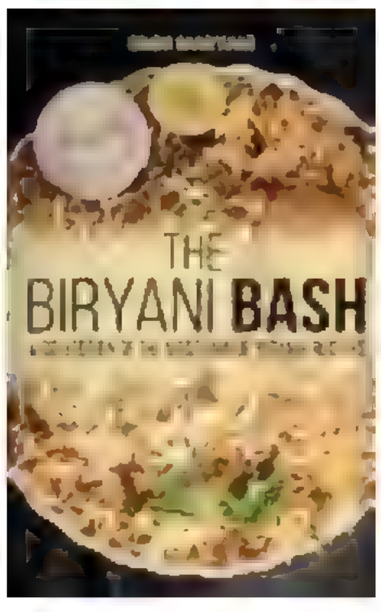
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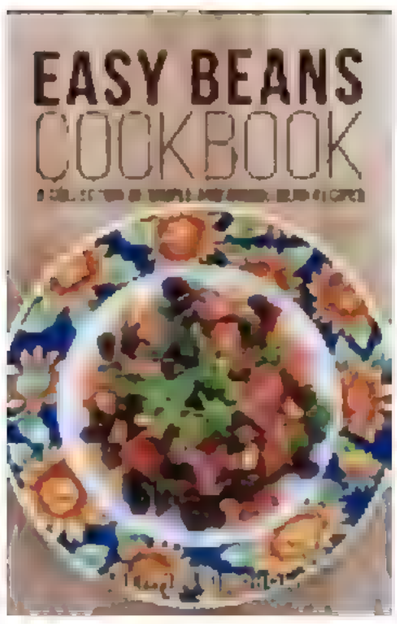
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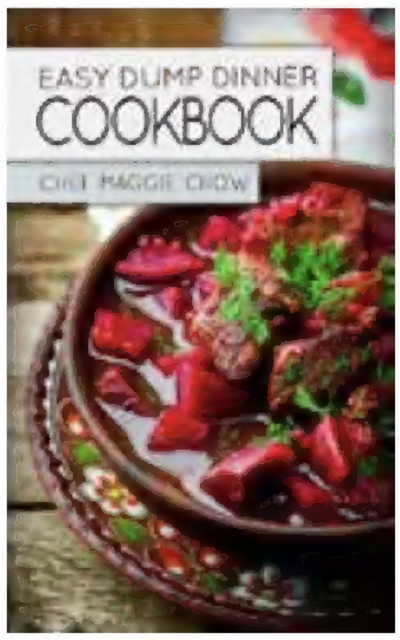

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